

the students' off-campus  
guide to burlington  
2009-10

SEVEN DAYS

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WHAT'S GOOD DRAFTED | SOUTHWEST CORNER

## 6 INTRO

## 8 CONTRIBUTORS

## 10 SIGN LANGUAGE

A pictorial guide to the Vermont landscape

## 12 THE QUEEN CITY'S KING

A burger aster guide to Burlington eateries.

## 14 THE MAIN EVENTS

Stuff you don't want to miss

## 16 SOUNDS GOOD

Local music 7/21 BY DAN MILLER

## 22 NORTH VS. SOUTH

Two Burlington neighborhoods you need to know  
BY LORI REED

## 28 MONEY IN THE BANK

Where to stash your cash  
BY ALICIA TWIGG

## 31 TASTES GOOD

Off-campus "real places"  
BY JESSICA BINFOLI

## 36 WHAT'S IN STORE

WG staffers recommend a few of their favorite shops  
BY WINE DRINKER JESSICA BINFOLI,  
HILL PHAR. ALICE ANDRE WRIGHT

## 42 ROAD TRIPS

Where's Good beyond Burlington  
BY WINE DRINKER JESSICA BINFOLI,  
HILL PHAR. ALICE ANDRE WRIGHT

## 46 FOLLOW YOUR LEADERS

One-Vermont politician keeps you posted on Facebook and Twitter  
BY GENE BECKER

## 50 PRETTY PICTURES

Connect the dots with the artwork

## 58 STAFF TATTOOS

When we get inked

## 59 CRAM SESSION

Seven Days' guide to less and last-minute test prep

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# INTRO

**what's good,** *is* at the everywhere store

**F**irst things first: This isn't the book. It's a guide. And you know it's different. Books are those dense volumes you buy for show with the Raymonds you squirrel all summer. Guides are like samples at a grocery store:

about that region after you've "studied." **what's good** is a super service in a variety bag.

Just by chance, the name is not a question; it's an affirmation. We know "what's good"

because we've been here and done it all. Our features from Seven Days food and music sections introduce you to some of Burlington's best eats and bands. Follow our shopping recommendations, and always try to keep your money local, your style fresh and your boredom at bay.

## FOLLOW OUR SHOPPING RECOMMENDATIONS AND DIRECTORIES TO KEEP YOUR MONEY LOCAL, YOUR STYLE FRESH AND YOUR BOREDOM AT BAY.

They're small. They give you a taste of what's out there — and, oh yeah, they're free.

But don't be fooled by its size. There's more off-campus info here than you can remember in ten crew seasons (both see if you pick up what we're putting down).

College students have several basic needs: late-night study sessions, outdoor adventure, food trips and entertainment — we'll put information on the back burner for now. This guide is divided into short features and checklists that address those needs. You'll know as much

about that region after you've "studied." **what's good** is a super service in a variety bag. Just as SD's have spanned from Seven Days food and music sections introduce you to some of Burlington's best eats and bands. Follow our shopping recommendations, and always try to keep your money local, your style fresh and your boredom at bay. Just as SD's have spanned from Seven Days food and music sections introduce you to some of Burlington's best eats and bands. Follow our shopping recommendations, and always try to keep your money local, your style fresh and your boredom at bay. An A to Z glossary of Vermont phenomena may be the sweetest morsel.

Soon it will be clear. You're from Kansas — or Massachusetts — anymore. So buckle up in a Suburu, grab a crepe and check the gear gear. This is your home now. **ang'**



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(we know what's good)

# CONTRIBUTORS

**DAN BOLES** Music Editor Dan Boles really hates writing autobiographical blurbs like this. Dan Boles likes it so singing high school yearbook or office birthday cards, for which Dan Boles can never think of anything clever to write. However Dan Boles really loves writing in the third person. Dan Boles has a lot of ego, mostly because Dan Boles is awesome — and insecure.

writing with a combination on the creative side. She can often be found fol-calling, prancing, chomping and performing at Red Rocks or Chik-fil-a parks. In her more focused moments Jessica enjoys the lively atmosphere of Church Street — and occasionally living brightly colored dreams and experiences.

Ruthie is her weekly advice columnist in Seven Days. Ruthie believes that it is healthy fun and soft sex. She should be part of any college student's curriculum.

no questions. Working on this guide makes her feel like a guru.

**MIKE DIBBLE** Mike is a senior at Colby Wesleyan University and the editor of the campus newspaper, *The Wesleyan*. His Momma knows him from over 20 years of summer excursions to the Green Mountains in the pair of mittens with Geron Dayz. His college experience has been shaped by three years of relatives visiting and staying on the air of the heightened adrenalin. Mike likes baseball, freedom touring, barefoot driving and bare feet. He also burns the oil on his pants.

**BOB DEGERT** Does hometown of Chittenango, NY is and the birthplace of L. Frank Baum, author of *The Wizard of Oz*. After dressing as a muckraker on at least five public occasions, he still has nightmares that the Wicked Witch will steal his ruby slippers. Bob escaped Oz to earn BAs in Middlebury College. These days he works long hours in the Seven Days Courses Director, designing websites and negotiating whom he should be cuddling with his just-started, flyin-

**SIXTY EIGHT** *Food Editor* formerly food writing career in age 8 when she took a red pen and "leaked" one of her mom's cookbooks to eliminate any mention of autism. She has a bachelor's degree in Food Studies, Bachelor of Arts, Individualized Concentrated Major program, and buys nearly all of her groceries directly from local farmers. Her favorite foods are cheese, animal fat, maple syrup and potatoes. She and doesn't like asparagus.

**WILL FERRELL** Will is Vergennes' #1 native currently attending Champlain College as a pre-medical writing major. Some would call Will a true Vermonter, who finds solace in the outdoors all year long. He enjoys both skiing and biking down the mountains. You can also find him crawling through the many manholes in the Burlington sewer with his buried Penn flag.

**JESSICA DIAPOLI** Jessica vegetated in Burlington from Virginia Beach. She is a senior at Champlain College, where she is studying professional

**BESTLESS BREVITY** Madison prepared for her career as a writer by studying the deadly stickability of long cities such as New York, Boston, Chicago and London. She applies her expertise to all things

**CATHY KELCH** Cathy arrived in the Burlington area in 1997 shortly after graduating from Washington and Lee University in Virginia. She used to sit in coffee shops and write poetry in leather-bound journals — until she ran out of money, and discovered the internet. Now she writes Seven Days' web content, including blog posts, videos and email

**ALEXANDRA WHITING** Alexa is a "city person" who left Boston to attend St. Michael's College. At 21 she slept enough days to learn it's better to get out and explore. She's currently studying journalism, politics, North Beach and Rock Art. Next summer, she'll be a news editor for the SMC paper *The Doctor*. Don't talk her about the redactions. Alexa she's never strapped on skis or snowboard, but she knows more about such shopping local bars and stores than she'd probably like to admit. [mug](#)



SEVEN DAYS

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8 lifts skied and  
100 acres total skiing area.

You know you're in Vermont  
when you see those signs.  
Hence what they mean.

# SIGN LANGUAGE



Businesses that display this logo are members of Local First Vermont, which means they're owned by Vermonters. That matters to us here — it's no coincidence that we were the last state to get a Wal-Mart. Full disclosure: Seven Days is a proud LFT member.



If you see this sign while driving in the winter or early spring, slow down — there's a bump in the road ahead. Frost heaves occur when water beneath the soil freezes and pushes the surface. They're common in Vermont — so much so that when a Special Olympics winter festival was postponed here in 2009, the names the Vermont Frost Heaves. They compete in the Pancake (Basketball) League and play home games in Burlington and Ripton.



We do have actual moose here, and they do cross the road — so watch out. But the moose is also the mascot of the Vermont Progressive Party. Bob Ross, the mayor of Burlington (see p. 12), is a Preg; as are his predecessors Peter Clavelle, three Pregs sit on the Burlington City Council, five sit on the state legislature, and one was elected last fall to the state senate. Vermont politics isn't just for cowboys and elephants.

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## A pictorial guide to the Vermont landscape



Restaurants and grocery stores that belong to the Vermont Fresh Network display this sign. They work with growers and processors to feature Vermont-made products and dishes.



Burlington parking signs like this one let you know that your first two hours of parking are free. After that, the rate is up to you depending on the garage you choose. Kinda self explanatory, but you'll need it.



### SEVEN DAYSIES

Every year, Seven Daysies lists our readers' picks for their favorite restaurants, stores, services and stuff. This year's just **Bittersweet**. Think of them as Seven Daysies readers' seal of approval — you're going to good 'n' gosh darn it.



Billboards are everywhere you look: see here. They're illegal in Vermont, thanks to a former, then long-Republican legislator who championed a billboard ban in the 1990s. You even the Republicans are "green" here.

**SEVEN  
DAYSIES**  
A **7**-in-**1** GUIDE  
TO THE  
VERMONT  
LANDSCAPE

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# THE QUEEN CITY'S KING

A bumper-sticker guide to Burlington activism



**B**urlington Mayor Milt Kim is a sporty guy, but you'd never know it by looking at the back of his Chevy pickup. The bedgate of the Progressive's two-door truck is liberally covered with bumper stickers. Scanning them gives you a quick idea of local politics. As Kim goes, so goes the city right?

According to his rule, our mayor is for Barack Obama (1), gay marriage (2), a health-care single-payer (3), marriage (4), free trade goods (5), fluoridating (6), energy (7), recycling (8), reading (9) and art (10). He's against racism (11) and sexual violence (12). Those last two are no brainers, but how many politicians use their personal vehicles to take a stand against them?

Kim, who was reelected to the second three-year term in March, is the latest in a line of Burlington mayors that dates back to Bernie Sanders, whose tenure began in 1981. Sanders, a self-proclaimed Socialist, brought an activist spirit to Burlington City Hall and laid the groundwork for the Burlington Waterfront development — a mix of industrial warehouse, What's he doing now? Oh yeah, he's a senator.

You can't see very far off Bennington, but the former community organizer managed to fend off three serious contenders in the last election. Put that on your bumper and stick it [here](#).



# 45 events

Ira Glass

Vermont Playhouse Theatre Co

"A Raisin in the Sun"

Louder Wainwright III

and Richard Thompson

"Lead and Rock"

David Iann Pera

Eva Ayllón

Punch Brothers

featuring Chris Thile

Paula Poundstone

Broadway National Tour

"Avenue Q"

Cirque Mechanics

"Burlesque Factory"

A "tribute to Bob Dylan"

Dan Deo Bridgewater:

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"A John Waters Christmas"

Patrick's Theatre Company

"A Christmas Carol"

"A Canadian Brass

Christmas"

Broadway National Tour

"Camelot"

Bill T. Jones / Arnie Zane

Dance Company

"Seneca / The Prophecy"

David Iann New York

Vanguard Jazz Orchestra

Imani Winds with

special guest Stefan Harris

Scrap Arts Music

"From the Top"

with Christopher D'Elia

featuring the Vermont Youth Orchestra  
and other special guests

Ho-Hop Dance from Brazil

Grupo de Rua: "H2"

The Israel Ballet:

"Don Quixote"

Don-Mun Show

Ed Asner in "PDR"

The Pottin' Acrobats

J.S. Bach's Day Celebration

Dervish

Marcia Ball,

Buttie LaVette,

and Maria Muldaur

"Soul on Soul"

"The Good Dance:

dakar / brooklyn"

Roger Wilson / Fit & Feel

Performance Group

Archives Ensemble / Ca. De Temps

Zakir Hussain &

Masters of Percussion

Broadway National Tour

"Porgy and Bess"

Alvin Ailey American

Dance Theater

photo by Andrew Eccles

The Acting Company and

Bethel Theater

Shakespeare's

"Romeo and Juliet"

Rokita Traobé

Joshua Redman

and Brad Mehldau

J.R.R. Tolkien's Classic Tale

"The Hobbit"

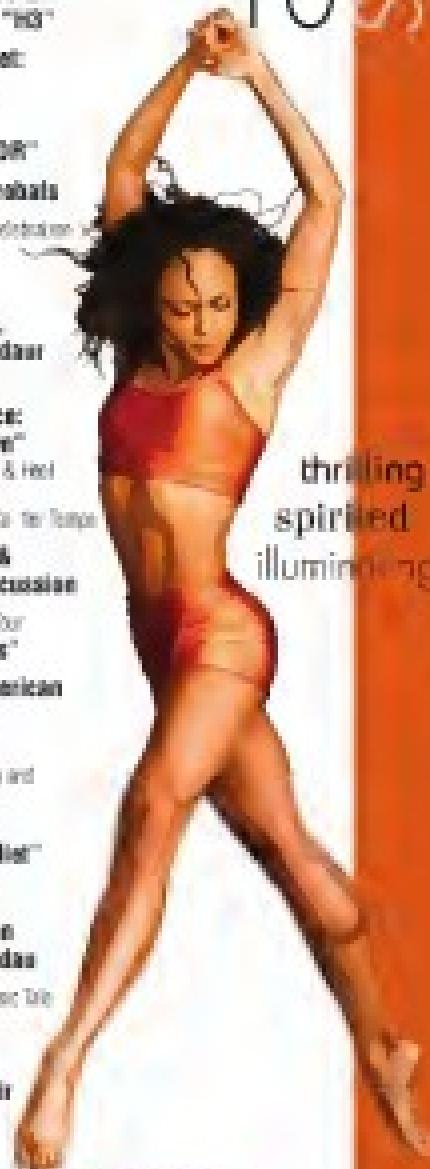
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# THE MAIN EVENTS

stuff you don't want to miss

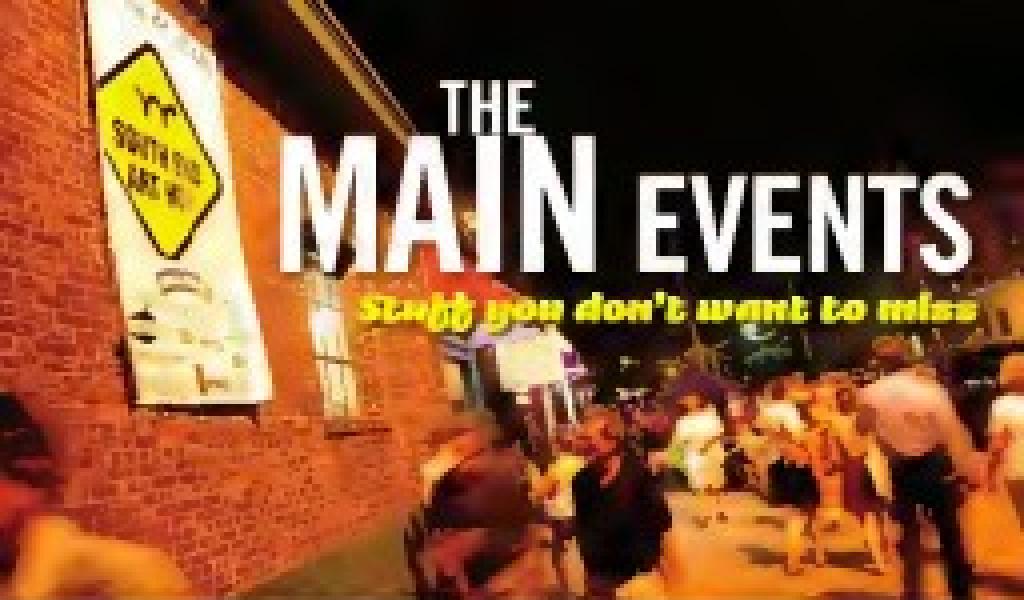


Photo: Bill Lippman

## fall

### SOUTH END ART HOP

Hundreds of what take part in the two day arts extravaganza on Friday and Saturday September 11 and 12, 2009. Paintings, sculptures and local businesses are on display at more than 100 venues; the funky and entrepreneurial Five Seven Distillery is where most of the "gatherin'" (see box p. 23). Some of them offer live music and food too. The event is mostly free, but that said organizers are asking spectators to buy an "Art Hop Here" t-shirt (see p. 23). Does it have the cash? Don't worry, its strictly voluntary. South End celebrates its 10th birthday Friday night, 9-11pm at 255 S. Chestnut Street. Stop by and say hi. More info: 829-9323, [www.southendarthop.com](http://www.southendarthop.com).

## MORE FALL EVENTS:

- **Annual Pumpkin Regatta**: Sunday October 11, 2009, Burlington Waterfront. More info: 862-3482, ext. 201.
- **Bonfire Walk**: Sat., October 24, 2009, Church Street, Burlington. More info: [www.bonfirewalkvt.org](http://www.bonfirewalkvt.org), [burlingtoncombonline.com](http://burlingtoncombonline.com).



## winter

### PENGUIN PLUNGE

In early February mornings Lake Champlain is probably the last thing on your mind, but if you're feeling daring, or in need of a quick rush, then the Penguin Plunge on Saturday, February 6, 2010, is for a good cause — this icy lorchness benefits the Vermont Special Olympics, and it's surprisingly popular. They've raised close to \$100,000 in years past. Extreme plungers compete for several prizes, such as old packages and gear. Best of all there's no charge to watch. More info: 747-9222, [www.vso.org/plunge](http://www.vso.org/plunge).



Yay! That's Meredith Vieira from the "Today" show taking the Plunge!

SUN MON TUEW THU FRI SAT SUN MON TUEW THU FRI

**M**other's, Valentine's and graduation cutoffs shouldn't be the only dates on your calendar! Our '09-'10 school year has five annual events that you'd hate to miss. Or less you'll be missing. Whatever. So put 'em in your diaries — or on your iPhone or Crayberry.

You'll find more Men Events on our website: [www.uvm.edu/uvtoday](http://www.uvm.edu/uvtoday). For up-to-date info about off-campus happenings, check out the latest issue of Seven Days. [»](#)

## winter

### MAGIC HAT MARDI GRAS

But nothing's more like Mardi Gras than really all school students were in New Orleans. But, no, it isn't — we just like to party. People of all ages, straight from hibernation for the last Attack Gras (February ninth) to the Mummers' Day (one). This winter, the "Fat Tuesday" celebration is Saturday, February 27, 2010. Local brewery Magic Hat (see p. 42) organizes the parade, which benefits the Women's Rape Crisis Center. The huge closed competition for traditional southern Mardi Gras as well as Lake Champlain Chocolates — anal, all course, lots of foods. Wake up, party late, the bus downtown with your friends.

(parking is impossible) and set up a spin on Church Street, 211. Head to the bars after the short parade ends — or get there early and avoid the lines. More info: 860-229-2239; [www.magic-hat.net](http://www.magic-hat.net).

## WEEKEND EVENTS

- Winter at the Doug Bell Saturday, February 13, 2010 Higher Ground, 3 Burlington. More info: [www.houseofflame.org](http://www.houseofflame.org)
- **Maple Open House Weekend**: Friday-Sunday, March 26-28, 2010. Info: 802-652-3666; [www.maplemaple.org](http://www.maplemaple.org)



## spring!

### FREE CONE DAY

Walking by the Ben & Jerry's on Church Street can be hard, especially if your pockets are perpetually empty. Free Cone Day is sweet relief from the torture. Ben & Jerry's gives free ice cream to everyone on the third Tuesday in April — the next one is April 20, 2010, right around exam time. Go early on the day to be at the instrumental lines that snake down Church Street. More info: 860-942-9400; [www.benjerry.com](http://www.benjerry.com).

## MORE SPRING EVENTS:

- **Spring Movie Out Project**: mid-May (over Lincoln St., Burlington). More info: 863-8111; [www.uvm.edu/lincoln/streetproj/streetproj.html](http://www.uvm.edu/lincoln/streetproj/streetproj.html)
- **Vermont City Marathon**: Sunday, May 30, 2010, through downtown Burlington. More info: 863-8413; [vermontmarathon.org](http://vermontmarathon.org)
- **Burlington Discovery Days Fest**: June 4-12, 2010, various venues in Burlington. More info: 863-7990; [discoverydaysvt.org](http://discoverydaysvt.org)

# SOUNDS GOOD

## Local music 101

BY SAM MILLER • SENIOR MUSIC WRITER

**P**erhaps there is not a town or city on the planet that has more great bands than Burlington. Of course, there's no reason to back up that claim — they're in college. You do it. But generally speaking it is absolutely true, in spite of — or, perhaps because of — its diminutive size. The Queen City is a wildly thriving and accessible music town. It boasts a quantity and quality of talent that few would confidently stack against any scene you could think of — except maybe Austin, Texas. That place is awesome.

What follows is a sampling of the diverse musical fare you can expect to find here. (Readers: dictators we point out, it's neither complete nor comprehensive. But you gotta have to leave, right? And as you'll find, life's greatest lessons aren't taught on clear covers. They're taught in bars. And coffee shops. And nightclubs. And anywhere else good tunes are played.) So with that in mind, use this guide as a jumping-off point on your road to musical discovery. And welcome to Burlington Rock City **mg**.

### Singer-Songwriter

#### ANAI'S MITCHELL

[anaismitchell.com](http://anaismitchell.com)

An the singer-songwriter! That sad, sick pillar of coffeehouse open mic-culture. Like most places, Vermont is not immune to the folly of depressed folks with acoustic guitars. Fortunately, we also boast a thriving community of unusually talented individuals who represent a stunning range of influences and styles.

And then there is Anais Mitchell.

The Ráginaus Blue Records singer is an enigma, uniting her striking sonic portraits with understated dramatic grace and universally stirring vocal expression. Those traits combined with a unique songwriting clarity have propelled her to recent tours with the likes of Ani DiFranco, Bon Iver and The Low Anthem. And don't even get us started about her recent folk-opera *Hadestown*. Grace Potter might be more noticeable, but Anais Mitchell is Vermont's most astutely gifted young female songwriter.



### Local music bands of note

Post: Ani DiFranco, righteous babes

### Local bands to see & hear:

- Michael Chorney: synapses.com/michael-chorney
- Morgan Smith: tripleplay.com/morgansmith
- The Lones: tripleplay.com/the-lones

### Want to date?

Senior boys have  
something to talk about.

### Want to date?

Senior girls have  
something to talk about.



## FRESHMAN BODIES



## Rock

# IN MEMORY OF PLUTO

[myspace.com/inmemoryofpluto](http://myspace.com/inmemoryofpluto)

Let's get one thing straight: Ickness Deepsix what you may have heard — thank you, Phish — Burlington is not a jam-band town. It is, and long has been, a rock town. Chapel? "I" Got it?

### Good

Nothing against jam bands, of course. Many of them do, in fact, rock — especially if they're from Burlington ... can think you. Phish is just that the Queen City's rock scene has always been the foundation of the larger music community. And at the moment, no band holds it all together quite like In Memory of Pluto.

This quintet is nothing short of a sonic juggernaut on stage, consistently delivering electric live shows, night and night out. And now with the release of their excellent, full-length *Cutting Open the Fiction* — and a new EP on the way — they are a force to be reckoned with.

So yeah, Burlington is a rock town. And In Memory of Pluto are one hell of a Burlington rock band.

### W.I.T.T.

Modest Mouse, Fright & Noise, ringing in your ear

### Music of the Month (Part 1)

- Connell: [myspace.com/connelldome](http://myspace.com/connelldome)
- Villanelles: [myspace.com/villanelles](http://myspace.com/villanelles)
- Husband AKA: [myspace.com/husbandmusic](http://myspace.com/husbandmusic)

## Hip-Hop

# BURNTMO

[myspace.com/burntmo](http://myspace.com/burntmo)

It's hip, cool and a surprise to non-Burtonians, especially given the state's largely rural environs, but Vermont boasts a vibrant and selectively diverse urban music scene. From rappers to turntablists and b-boys to graffiti artists, hip-hop culture is alive and well in the 002 — but not done yet, far from it.

Of the Queen City's numerous paragons of the anchor hop, few acts reach as zenith as Burlington's modern "microphone doctor" BurntMo. Whether

performing at local clubs or venues all over New England — often alongside such notable pals as underground hip-hop legend Planet Asia and Wu Tang Clan's Raekwon — this high-minded lyrical disruptor represents the essence of Green Mountain flow.

### W.I.T.T.

Planet Asia, The Problematics, fuel n'

### Music of the Month (Part 2)

- The Angel: [myspace.com/theangel](http://myspace.com/theangel)
- The V.I. Union: [myspace.com/theviusion](http://myspace.com/theviusion)
- Deuce & Mil: [myspace.com/deuceandmilmusic](http://myspace.com/deuceandmilmusic)

## HEAR THESE BANDS!

Jay Pock and Steven Goya are hosting a huge local music showcase called Burlington Bands 101 on September 23 at Nectar's/Metronome and it's 18+! Confirmed acts include In Memory of Pluto, Lamehouse, Gordon Stone and BamMD. More bands announced at [sevendegrees.com/bbg](http://sevendegrees.com/bbg) (see p.72).

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# music

each wednesday, dan bolles sounds off about the local music scene. read his column "sound bites" or his blog "solid state" for the latest music news. find complete club dates and local album reviews. then go out, hear some bands and dance your ass off.



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## STRENGTH IN NUMBERS

[myspace.com/strengthinnumbersproject](http://myspace.com/strengthinnumbersproject)

It's a mistake to lump Strength in Numbers into the easy categories: often blitting — and rarely hypothesized — "jam" shows. Fortunately we don't have to, cuz the band simply took the liberty of creating a genre itself: hip pop. And trusty this descriptor perfectly captures the high-octane outfit's spiraling sound: better than any we could think of — and trust us, we tried.

Led by two new players (Ryan McNaull and featuring a veritable who's who of local funk and jazz talent), S.I.N. have quickly risen to top of the local club circuit. And with the planned release of a debut full-length this fall, they're likely to follow in the nationally touring footsteps of their Weymouth funk soul brothers, Puddlesnuckers Orchestra.



**WHAT'S HOT**  
Puddlesnuckers Orchestra: [toubabkane.com](http://toubabkane.com)  
check that out.

- Local Bands to Check Out:**
- MySpace: [myspace.com/avayouze](http://myspace.com/avayouze)
  - Dead Sessions: [myspace.com/deadSessions](http://myspace.com/deadSessions)
  - Groove Funk Band: [groovefunkband.com](http://groovefunkband.com)

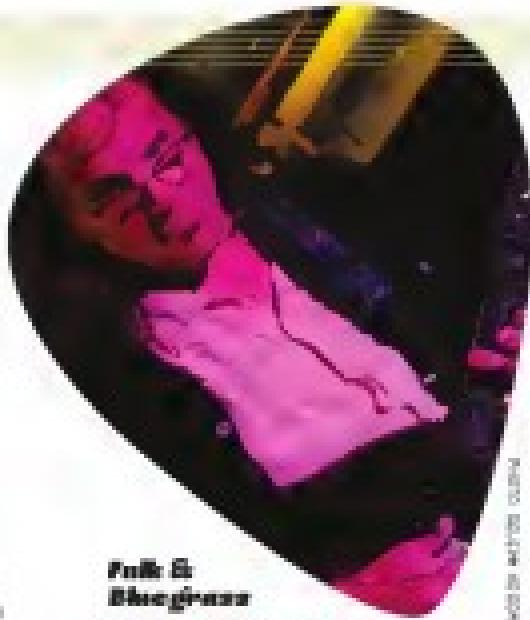


Photo: Eric Gurney

**FOLK &  
Bluegrass**

## GORDON STONE

[gordonstone.com](http://gordonstone.com)

You can flee a restaurant plate and not have an instant meal. And Vermont is no exception. From old time to bluegrass, folk to country and all manner of American subgenre in between, there here given it is and alive with an entire ecosystem of rootsy notes.

Among the state's legions of pickers, fiddlers and other masters of musical hillbilly, none is as revered as Gordon Stone. A contemporary of Bob Flock and Tony Trischka, Stone is a certifiable legend gal — and he's very much shaking on the pedal steel, either 'fretless' or performing with his own two strings in with the likes of Flock or post-shopping by Hong Kong Tomato in tiny Rock Barn (box 72). Gordon Stone is out, er, pick.

### WHAT'S HOT

Old Crow Medicine Show (Bob Flock)  
[oldcrowmedicine.com](http://oldcrowmedicine.com)

### WHAT'S HOT: FOLK & BLUES

- The Cleary Brothers  
[myspace.com/clearybrothers](http://myspace.com/clearybrothers)
- Dennis Reed Delights  
[myspace.com/dennisreeddelights](http://myspace.com/dennisreeddelights)
- Terence Fletcher Mountain Del  
[terencefletcher.com](http://terencefletcher.com)

**D**

**GANG** (seriously cool) is devoting something great, potent, fun or pure to music.  
We've heard local legends (Steve Kimock), so we figured we'd give it a shot. But this time...

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## STUDIOS 6000

### Punk

## ROUGH FRANCIS

reggaeton con/boughfluence

You'd be hard pressed to find a band with a better punk rock pedigree than Burlington's Rough Francis. Centered around brothers Uncle Jim and Bobby Mackway Jr., the group originally formed as a tribute to a band founded by their father and his two brothers, seminal Detroit proto-punk trio Death. Death's recordings, which predate the MC5's punk scene of the late 1960s by nearly a decade, were only recently unearthed and were subsequently released all together — and for the first time ever — by Chicago's Drag City Records in early 2009. But Rough Francis are no mere neophytes.

As the musical legacy over the now-legendary Death recordings has subsided, Rough Francis have emerged as a legitimately vital act in their own right, as evidenced by a recent feature on Spin.com and a forthcoming summer tour (with a release of new material on Chicago imprint Monkey Records). In Burlington, Death lives. And Rough Francis rocks.

### MC5

1970 & the Stooges. The MC5. Death. One band. Not you know dying.

### ROUGH FRANCIS 1998

- Come Home: reggaeton con/boughfluence
- Blowtorch: reggaeton con/bowtorch
- The Mackin' Lads: [roughfrancis.com](http://roughfrancis.com)



E

ESOX



**Indie**

## LENDWAY

[myspace.com/lendwaymusic](http://myspace.com/lendwaymusic)

Burlington may never be a hipster chic bastion of indie rock like Brooklyn, Toronto or Portland, Ore. And honestly, that's a good thing. But the long-distance, no-hardly-left-passing-for-scruffy clothes-in-dorm-grime-making people up there like most urban Americans think indie music is cool and well in the Queen City. Exhibit A: Lendway.

Following the release of their minimalist debut, *The Low-End End*, last year — a *Spin* Days pick as one of the top 10 Vermont-made albums of 2008 — the quartet has established itself as a legit up-and-comer. Playing in unassuming local bars and coffee shops packed with swooning vocal harmonies, Lendway is quite simply indie-focus.

### WEEKLY

**Back to Spill** Rogue Wave, bring it touch with your feelings.

10:30 p.m. Sat., Oct. 17, \$10-\$12.50.

- Indie and indie core
- Indie musical confectionery
- The Clash, myspace.com/lendway

Where can  
you see these  
bands play?

Check out the Nightlife  
directory on p. 12.

A photo of Burlington folk band Lendway. It's also a  
dilemma for them since they don't exactly welcome college students.

10:30 p.m. Sat., Oct. 17, \$10-\$12.50. <http://myspace.com/lendwaymusic>

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# NORTH vs. SOUTH

BY CATHY RISNER

The OLD NORTH END is no place to be a Vermont girl — a girl living Green Mountain-style. Renting a cheap room, which means you'll find lots of students, happens. Working-class families and recent immigrants living there by year in classic New England housing stock, travel through the residential area and you'll see random

multilevel apartment houses next to extremely well-maintained 19th-century brick homes next to duplexes adorned with peace signs, diffused watercolor and Tibetan prayer flags. On Pine Street, author and writer-in-residence Marc Flynn displays a giant banner above his porch that lists the number of U.S. soldiers and

marines killed in the wars in Afghanistan and Iraq.

Most great institutions of the Old North End sit at the corner of Pine Street and North Winooski Avenue. The cluster of businesses is typical of the funky variety of the ONE. The **Winooski General Company** (see p. 64) artsy, outdoor trash

part of a local chain occupies the corner followed by a townie hole-in-the-wall bar, the **Other Place** — into **The OP** (see p. 64). Next door, Asian ladies run **Lovely Nails**, where just in case you need a more care, Indian hangout **Radiya Bazaar** (see p. 63), an intimate coffeehouse/late-night grill is down the road to **Shakshouk of India** (see p. 63), one of Burlington's top Indian-eating spots. The block also home to **Caribbeans Buffet**, Burlington's only nutty-savory all-day dinner.

Walk a few blocks up North Winooski and you'll hit another neighborhood coffeehouse, **Viva la espresso** (see p. 63), which emphasizes local ingredients. A bakery, **Puddlers** (see p. 63), is located in the same brightly colored yellow building. The unique grab-and-go eatery scheme is the handiwork of developer Sue McGovern, who has purchased and renovated more than two dozen properties, many off them in the ONE. Her green roof is as distinctive as her baked-fish tarts.

Upper North Winooski形成一个 community service and labor organizations, including the food shelf, the **Lower Health and Family Center**, the **Salvation Army**, the

## THE OLD NORTH END

### Boundaries:

Pine St., Winooski Ave., Market St.

### Known for:

Take it easy in brightly colored apartments. Houses, mostly older, show lots of personality.



MORE "NORTH" P. 24

## Two Burlington neighborhoods you need to know

**T**here's more to Burlington than just the city center which is a good thing, since it doesn't take that long to walk from one end of Church Street to the other. The Queen City is home to several unofficial neighborhoods, but there are two that every student should know: the Old North End and the South End. Neither has the commanding presence of the downtown business district, so you'll have to do a little more work to find what's great there. Here's a pair of walking tours to get you started. They're not comprehensive, though — part of the fun is exploring these places for yourself!

If you're an artist looking for a cheap studio or a tech-savvy entrepreneur looking for an incubator space, chances are you'll wind up in the **SOUTH END**.

In more thoughtful days, Pine Street used to be something of an industrial corridor. Most of the original factories have closed, but the buildings in which they were located have been renovated for specialty retailers and 21st-century "knowledge workers" — web developers, designers, techies and media entrepreneurs. A former grocery warehouse on Maple Street is home to **Digital Design Group**, a design firm that counts Nike, Burton Snowboards and the Berklee Music Festival among its clients. A former Monson Milk Syrup factory now houses the **Burlington Furniture Company** (see p. 80), often cited as the Specialty Elements plant on Pine Street is divided between the **Lake Champlain Chocolates Factory and Dealer** (see p. 80), which makes websites for auto dealers, a factory built for the Monson Milk Chocolate Company on Flynn Avenue now contains the art gallery, tea pub and **Propeller Media Works**, which builds websites and specializes in online marketing.

Through the years, the neighborhood's commercial activity has changed as transportation infrastructure has moved mostly the same. The Champlain Parkway is road that would have connected the South End to I-89 had been on hold for 40 years. A 40-foot tall King-Robert sculpture on Flynn Avenue is a

## THE SOUTH END

**Boundaries:** From St. the Lake St. Union St. Home Ave. **Nearest Rail:** Incorporated industrial activity, what's studios-friendly neighborhood.

testament to the amount of paperwork generated by the never-uncompleted project.

A tour of the sites of student entrepreneurial begins on Lower Main Street. Walk down Pine Street to your left, and you'll come across a new thrift store — **Dark Chic** (see p. 80). On the corner of Main and South Champlain streets, you may see elderly Boomers sitting on park benches, while lounging on sofa furniture at the **Euro Corner**. Head down to South Champlain Street, a new bakery, **Barista Fresh**, has just opened its doors.

Head down to Battery Street and take a look. There are several storefronts for rent here, but most of among them are **Coldbeverage Draft** (see p. 82) and **Eyes of the World**, an optical shop featuring 100 countries from all over the globe. At the bottom of Battery Street, go right and hang out at Pepe's Pub (take in the **Waterfront Charging Center**) or turn left onto Maple Street and head toward the Pine Street corner, the heart of the South End. On the way to Pine, you'll pass **Handy's Lunch** (see p. 80) and **Adventura Blau** (see p. 80) — the latter is where the statue from **Seven Days**

When you get to Pine Street, take a right. Your first stop is the **Rock Plant**, home of Recycle



## THE OLD NORTH END



Top left: A red wooden bus stop is located just off North Avenue. Top right: Vintage clothing.

Center for Media and Democracy via Vermont Workers' Center and Burlington Vermont — a CLDT youth center. You'll also find **Offices**, a seasonal sandwich shop that used to be in City Council.

**Pho Hong** (see p 112) which dishes up Vietnamese fare, and two craft stores — **Jammin's Junktiques** (see p 92) and the **Salvation Army** (see p 92). If you'd rather not take your own clothes, check out the **Bucklin Swap Shop + Craft Lounge** on the corner of North Winooski and University Street. They've got fun fabrics and sewing machines available for use, plus "Sash and Blush" and "American Craft Circle" get-togethers twice a month. Don't know how to sew? They offer classes too!

An interesting bike store, **The Old Spokes Home** (see p 50), is another reason to visit the industrial center of the hood. They can even have you fit brought from home, or sell you up with a vintage Vermont three-speed.

Is digging in the dirt more your style? Between North Winooski and University, turn right on **Pearcey Avenue**, then left on **Intervale Road**, and you'll discover one Burlington's **Intervale** box (see p 52). The nonprofit, urban-agriculture project includes several organic veggie plots — some of which have blossoming flowers in the summer — a compost tea trailer, and the **Gardener's Supply Company** HQ (surrounded by

lumber stacks... power plant is down there too).

There's lots going on along the North Winooski corridor but North Street is the ONLY main thoroughfare. The result: blocks of North between North Winooski and North Avenue are often busting with residents and kids hanging out on the streets. Burlington has welcomed thousands of immigrants and refugees from Eastern Europe, Asia and Africa in recent years, and several markets have sprung up along North Street to cater to them.

If you're hungry for good meat or bacon you'll find it at one of the three African markets on North Street. While, yeah they are right inside the door at the **Maryville African Market** on the corner of North Winooski and North Street. Need a Lubomir-picked GMO or an Ogenna shirt? They sell both.

More African businesses sit down the street at **Breton Halal** and the **Community Halal Store**. Both are owned by Somali men who moved to Vermont in recent years, and both sell Halal meat — butchered specially for Muslims. Breton Halal runs a small熟食 restaurant. Abdik Shari, the 23-year-old owner of the Community Halal Store, says his welcome student shoppers. "This is a public market," he says. "Not an African or Somali market."

Need Asian veggies for your

stir-fry? Try the **Thai Phat Oriental Foods Market**. They import buds and veggies from Thailand, including red cabbage, bitter melon, and lychees. College kids take note: They've got the best ramen selection in town. Get your picks and choices at the **Malaysian Food Market** down the street.

In the mood for Western food? Have breakfast or lunch at **Frangipani** (see p 52) at the corner of North and North Champlain streets. They're famous for their sweet coconut crepes. There's a Chinese take-out place too — **China Express** (see p 50) — which is just across the street from a landmark local watering hole, the **Old North Inn**.

North Street ends at North Avenue. Turn right at North Avenue to get to North Beach (see p 52) just west of Burlington High School. Turn left to head back toward town. The police station is on North Avenue — it's perched at the edge of Dotney Park, which offers spectacular sunset views of the Adirondacks and the lake. Turn north to the cop shop at **Baker's Mug** (see p 50). They sell snacks, T-shirts and other odds and ends that you can use to break down Burlington's always off-center aesthetic.

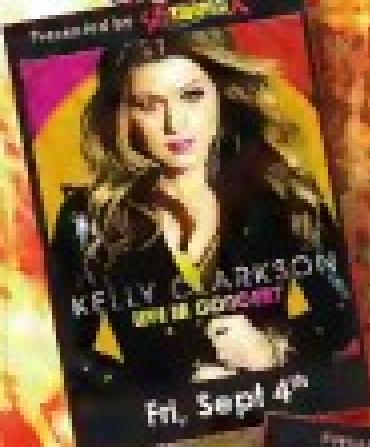


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**North Household Goods** (see p. 80) Need some cheap dishes or a pin-striped suit? This is the place to look. High-end home goods store **Cambria Metal & Light** (see p. 80) — there's a third winging out of the front of the building — has an array of local lacquerware from **Four Corners of the Earth** (see p. 80) which is located in a building on the next block.

Hospitably, the **Greyhound bus station** is on Pine Street too. It's a long walk to the tiny bus terminal on Chestnut Street, and you may see peddlers on a struggling uphill toward town with their luggage. Head to the bus station in a handscript font that includes **Meyer's**.

**Regal Bakery** — the only local bakes of Montreal-style bagels — and **Spinning Volumes** (see p. 80), which sells used books and vinyl and throws the occasional party.

The block of Pine Street between Marble and Howard streets is an unlikely mix of art studios and gastronomic hot spots. On the corner you'll find **Battery Street Jeans Exchange** (see p. 80), which used to be on Battery Street — including we know it's in the same building as the Great Mar-

**west Bread Company** (see p. 80), and the **Burlington Furniture Company**. Next door is a ground-floor nail salon. **Chase Outlet** (Fresh Market) (see p. 80), **Pine Street Art Works** (see p. 80) — a gallery and studio — and **Speeder & Kurk's** (see p. 80), followed by the Lamp Shop.

Beyond these developments is a collection of spaces that hold art, parties, sculptures, unframed glass artwork. There's always something bewitching back there. Last year U.S. Army veteran and artist Doug Cameron held drawing workshops for novices at the **Green Door Studio** (see p. 80) where he turned his soldier stuck into paper.

If you turn left off Howard Street you'll enter one of the city's most desirable residential sections, called the **Pine Street** — five of its streets are named for theough tons of one man. The tight-knit neighborhood is the birthplace of the **Brent Ponds Forum**, a hyper-local online news service serving Chittenden County. It's owned by Michael and Valerie Wood-Lewis of Catherine Street. If you're off campus and want to find out what's going on in your hood,

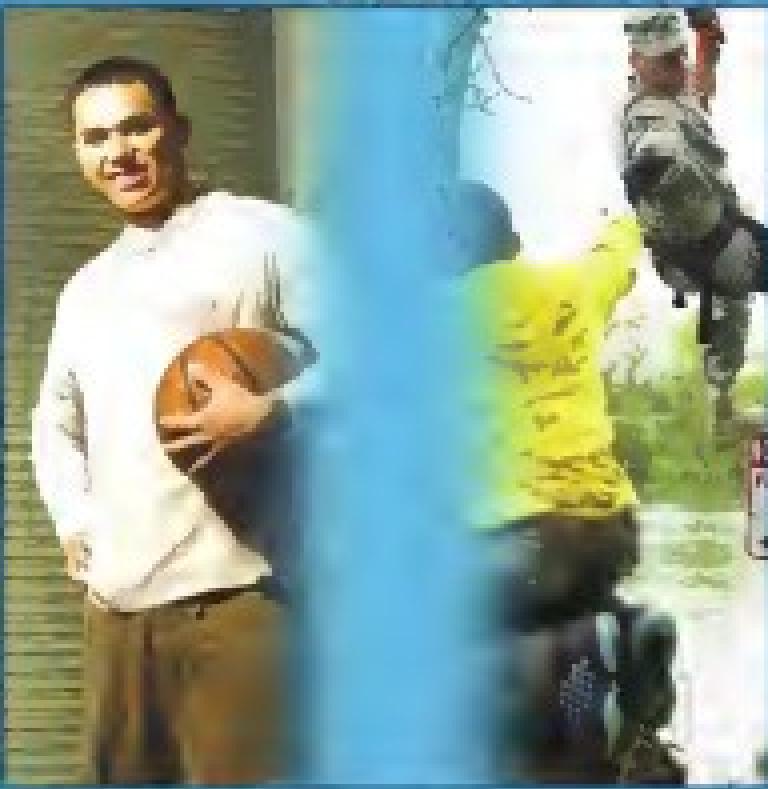
go to [brentpondsforum.com](http://brentpondsforum.com) and sign up for your neighborhood forum. It's a great way to make new with your neighbors.

If you continue south on Pine Street, you'll pass a brick complex belonging to **General Dynamics**. No doubt there will be a lot of anti-war protest at this weapons manufacturer during your college career. Further down you'll find the now defunct **New World Tortilla** (see p. 80), which relocated here from the ONE Theater.

At the intersection of Pine Avenue, hang a left and head toward Shallowford Road to west. Off the Waterfront Viaduct, creative tuning and savvy staff have kept them alive in the age of Netflix. Hang a right instead and you'll pass **Wheeler Shop Antiques and Co.**, and **Upstarts Antiques** (see p. 80) — across the street from the **Outer Space** (see p. 80) cafe — on your way to Colchester Park. Or keep driving on Pine Street and turn right at Howe Avenue to end up at **Pete's Cliffs** (see p. 80), Burlington's indoor climbing gym. The **Barton Showboards** (see p. 80) is back that way too, on Industrial Parkway. The child-like front gives it away

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# MONEY IN THE BANK

*Where to stash your cash*

BY ALEXANDRA WRIGHT

Financial Institution	Free Checking Account Available	Free Savings Account Available	Minimum Opening Balance	Number of ATMs in Greenfield County	Fee for Using Another Bank's ATM	Overnight Interest Available?
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**CITIZENS BANK** Yes Yes \$100 40 \$1.00 no/online account

**BankOne** No No No No ATM fee up to \$1.00 a transaction. No interest on savings.

**CITIZENS BANK** Yes Yes \$100 40 \$1 no/online account

**KEY BANK** Yes Yes \$100 30 None available. No/online checking account

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**WFCU** Yes Yes \$100 64 \$1 no/online overnight bank equity account

**NEW ENGLAND FEDERAL CREDIT UNION** Yes Yes \$100 savings \$100 checking \$1.00 ATM fee up to \$1.00 a transaction. No/online account

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**ROXBURGH SAVINGS BANK** Yes Yes \$100 3+ Falcon Network \$1.00 no/online account

**OPPORTUNITIES CREDIT UNION** Yes Yes \$100 deposit and \$10 minimum for checking 2+ Falcon Network (except NFTCU) \$1.00 ATM fee up to \$1.00 a transaction. No/online account

They offer workbooks for members that teach financial management skills you can use to raise your credit score.

Financial Institution	Free Checking Account Available	Free Savings Account Available	Minimum Opening Balance	Number of ATMs in Greenfield County	Fee for Using Another Bank's ATM	Overnight Interest Available? Online Banking Available?
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**TD BANK** Yes Yes \$100 20 \$1 no/online account

They waive the monthly fee per year with their student checking accounts.

Financial Institution	Free Checking Account Available	Free Savings Account Available	Minimum Opening Balance	Number of ATMs in Greenfield County	Fee for Using Another Bank's ATM	Overnight Interest Available? Online Banking Available?
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If you change or close your checking account, you can avoid ATM fees, and save interest, by signing up for "iworks" checking.

## FALCON NETWORK MEMBERS:

Got an account with one of these member institutions? Then their ATMs are your ATM! - Cornell Credit Union, - Burlington New England Federal Credit Union, - North Country Federal Credit Union, - Westfield Savings Bank, - Peoples Trust Bank, - Western Pasture Credit Union



If you're an out-of-state student with a bank account back home, chances are you've got to game pay every time you take cash out of an ATM. That's because both your bank and the one that owns the ATM can charge you fees for the transaction.

When I moved to Burlington my debit card ended up costing me instead of helping me save. I switched to a bank with local branches to avoid the heavy transaction fees. You'd be surprised how fast those savings charges add up. Luckily for us, there are plenty of banks and credit unions that offer sweet deals for students. Here's a run-down of places in Burlington that will help you hang on to your dough.

\* Keep in mind that ATM machines — like the one at What Ate You (see p. 78) — often impose their own surcharges. **mgf**



## Gimme Five!

Most ATMs don't work on SRO movements which means that if your balance dips below that threshold, you're out of luck — unless you head to the nearest **Theriot's ATM at Putney Allen Health Care** (see p. 84) that dispenses cash in increments of \$5, with no withdrawal fee. It's near the entrance to the parking garage, and it should be a local bank (not the army underground). Too far to walk? The first layer of parking in the garage is also **Cooper's New England Federal Credit Union**.

— Mike DiMino

**L**ike what's good? Check out Seven Days, Vermont's award-winning alternative newspaper. It hits the streets every Wednesday morning. You can pick it up — for free — at hundreds of locations throughout Vermont, both on and off campus.

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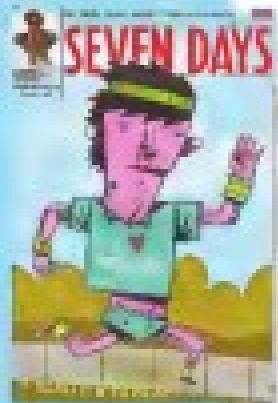
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Seven Days was founded in 1995 by two journalists, Pamela Polston and Paula Roush, who initially came to Vermont to go to college. See what can happen when you stick around after graduation?

## SEVEN DAYS 411

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Stir-fry	\$10.99	\$12.99	\$14.99	\$19.99
Teriyaki	\$10.99	\$12.99	\$14.99	\$19.99
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Wing Supreme	\$10.99	\$12.99	\$14.99	\$19.99
Wing Delight	\$10.99	\$12.99	\$14.99	\$19.99

**SIDES**

	Small	Large
Pasta Salad	\$3.99	\$5.99
French Fries	\$3.99	\$4.99
Salad Bar	choose from	\$3.99

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a. 1 large waffle  
Non-GMO Potatoes, Garlic, Parsley, or Ranch  
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For 10 consecutive items

Wingpack 1	Dozen Wings or 1/2 lb	
	Small French Fries	
	1 case of soda	\$12.99
Wingpack 2	Small Wings or 1/2 lb	
	Large French Fries	
	1 case of soda	\$14.99
Wingpack 3	Small Wings or 1/2 lb	
	Large French Fries	
	Large Onion Rings	
	1 case of soda	\$16.99
Wingpack 4	All 4 sets of wings	
	French Fries	
	2 Large French Fries	
	2 Large Onion Rings	
	2 Free Large sodas	\$19.99

The difference: 2 full racks of ribs

Carver's: 2 full racks of ribs  
\$12.99  
Deposited:  
2 Large French Fries  
2 Large Onion Rings  
2 Free Large sodas \$19.99

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All sandwiches served with choice of potato

Fried Chicken - choose any two  
with choice of potato  
Buffalo Chicken - choose any two  
with choice of potato & wing choice  
Bacon Chicken - choose any two  
with choice of potato & bacon  
Hamburger  
1/4 lb hamburger and cheese  
Nugget Burger  
1/4 lb chicken and cheese

Add 1/2 lb of any sandwich  
or wrap for a buck.

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Smoker Rib, Large Ribs, pork ribs  
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Ribs & Chicken \$14.99

1/2 Rack (20oz) additional \$1.00

Full Rack \$15.99

Half Rack \$8.49

Add 1/2 lb of any sandwich

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12 oz. can \$0.99 + .25

Coca Cola, Dr Pepper, Mountain Dew, Root Beer,  
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1/2 Liter \$2.25 + .25

Coca Cola, Dr Pepper, Mountain Dew

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# TASTES GOOD

## Off-campus "meal plans"

BY SALLYANNE POGGIO-MATZ, STYLING: GAIL FORD HAIR: JEFFREY



### IN BURLINGTON:

#### AMERICAN FLATBREAD

113 St. Paul St., Burlington, 841-2898

Every call a pizza? Who's tried flatbread—topped with sautéed onions, local ingredients — or in whole different animal? Once a week,耗子 pepper and cheese. Patchettini flatbread or make your own Freshman Flatbread. Either way, try the Dickson Selection the side. And if you're of age, get a glass of something Belgian from the in-house brewery. \$5

#### ASIAN NOODLE SHOP (located above)

82 Church St., Burlington, 842-9628

This international spot dishes up some of the most flavorful fare in the Queen City. Land of 'Pop Noodle' from the microwave? Try Asiana's authentic version with curly noodles, hoisin, choy, scallions and egg. Another bonus: Since the dishes come from all over Asia, you'll never have to decide between this and, say, Pad Thai. \$8

#### A SINGLE PEBBLE

103 Bank St., Burlington, 842-5200

A downtown bistro, in a restaurant houses authentic Chinese dishes served family-style on a lazy Susan. Most visitors love the flat bacon Hanging Pork, while vegetarians flip for the Shitake Mushroom and Black Bean. At lunchtime, get a seven-course tasting menu for just \$15. \$15

#### BLUESBIRD TAVERN

317 Riverfront Ave., Burlington, 429-4696

The hot dogs are homemade; the burgers have no bun, lettuce or the toppings — gravy, onions with cheese and all — is the best around. Get 'knock' shredded plates or a full-spoon spaghetti along with one of the 10 beers on tap. Bon appetit? They've got you covered, too. \$15

**wg**

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MADE IN CANADA

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31

# TASTES GOOD IN BURLINGTON



## BLUES CAT CAFE AND WINE BAR

1 University Lane at St. Paul and College, Burlington, 863-3626  
This upscale bistro has a cozy yet elegant, and teensy air, intriguing wine list. There's patio seating in summer. Don't know what to order? The young owners are enthusiastic, hospitable and always happy to make suggestions. **\$35**

## THE GREEN ROOM

800 St. Paul St., Burlington, 860-3636

The hippest restaurant in town (just p. 78) dishes up small, medium and large plates with panache. Chef Dave Pratt, visible in the open kitchen, is known for smoking his own seafood and duck — it's used in the Braised Duck and Potato Parcels — and caramelizing truffles with a liberal hand. **\$35**

## CARAVANTE

138 College St., Burlington, 863-1260

The squash blossom fritters and basil ice cream are not to be missed at this classy Italian eatery which offers some of the best food in town. In winter, keep an eye out for their dinner series with each meal inspired by a different region of "the boot." **\$35-\$45**

## GOURMET'S

115 Church St., Burlington, 860-3790

Location is important, and this cozy bistro, located on the corner of Church and College, has it in spades. Known for its live jazz (see p. 79), outdoor seating and creative cuisine, the eatery has been pleasing Burlington diners for nearly 30 years. The weekend brunch is above the **\$35**.

## TILLEYS CAFE

181 Church St., Burlington, 860-4553

Tilly's is both Burlington's only real parking service, a wide selection of gluten-free eats and lots of health stuff. Plus, it's right around the corner from the Flynn Center. Try their loaded nacho coconut rice, or get some of their creative house-made soups. **\$15**

## TRATTORIA DELIA

182 St. Paul St., Burlington, 864-5253

Known for its extensive wine list, excellent service and "gratito" setting, this is a longtime favorite among Burlingtonians. Owners Tom and Louisa Goss make much of the restaurant's produce in their gardens, and make regular "refresher" trips to Italy. Don't miss the flat breads with white truffle butter — the wait designer Karl Lagerfeld ate when he was in town. **\$35**



WHAT IS GOOD?

Acceptable addition

WHAT IS BAD?

What we like when you leave the state.

"Best Restaurant in Vermont" - *Vermont Magazine*



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800-331-0882, 800-248-5444

# TASTES GOOD

NEAR BURLINGTON



## THE ALCHEMIST

29 S. Main St., Waterbury,  
204-4226

They make their own breads and baguettes, and the focaccia in a paper cone with cool dipping sauces. Worth the drive! *Heads up!* (see p. 62) \$

## ■ THE BLACK BOAR BAR AND BISTRO

49 Main St., Montpelier,  
208-1979

Montpelier's hidden spot offers a regular dinner menu and a less expensive bistro version. Clever cocktails and beer plus give the place an urban ambience. The Mission Burgers get five stars. **\$13**

## HORN OF THE WOODS

62 Stowe St., Waterbury,  
204-1360

The location away from an open kitchen, so patrons can watch award-winning Chef Eric Knecht at work. The dining room is made in old stone and the atmosphere is rustic. **\$13-\$18**



## THE INN AT SHELBURNE FARMS

1611 Harbor Rd., Shelburne,  
205-4488

The ultimate inn-to-table venue, this nonprofit agricultural center and inn cooks with meats and vegetables grown on the premises. They're served in a spacious dining room that's open from May to October. *See p. 80!* **\$6-\$18**

## THE KITCHEN TABLE BISTRO

1480 W. Main St., Rutland,  
424-8888

Twenty minutes on I-89 brings you to The KTB, formerly run by Lori and Steve Hobart. The restaurant concocts creative dishes from in-season ingredients, as well as some off-the-wall desserts. **\$12-\$18**

## ■ MICHAEL'S ON THE HILL

4142 Waterbury Stowe Rd.,  
Waterbury Center, 204-7426

Michael's has a restaurant with acclaimed chefs in the kitchen. What more could a diner want? Try the "pig-in-a-blanket" tasting menu. **\$18-\$28**



## SILVER STICK AT STOWE MOUNTAIN LODGE

7412 Mountain Rd., Stowe,  
253-3540

Executive Chef Sam Duthie's plated over-easy is arguably the greatest dining room in the state. It's a showcase for the finest local ingredients and area arts and crafts. **\$35-\$55**

## ■ SONOMA STATION

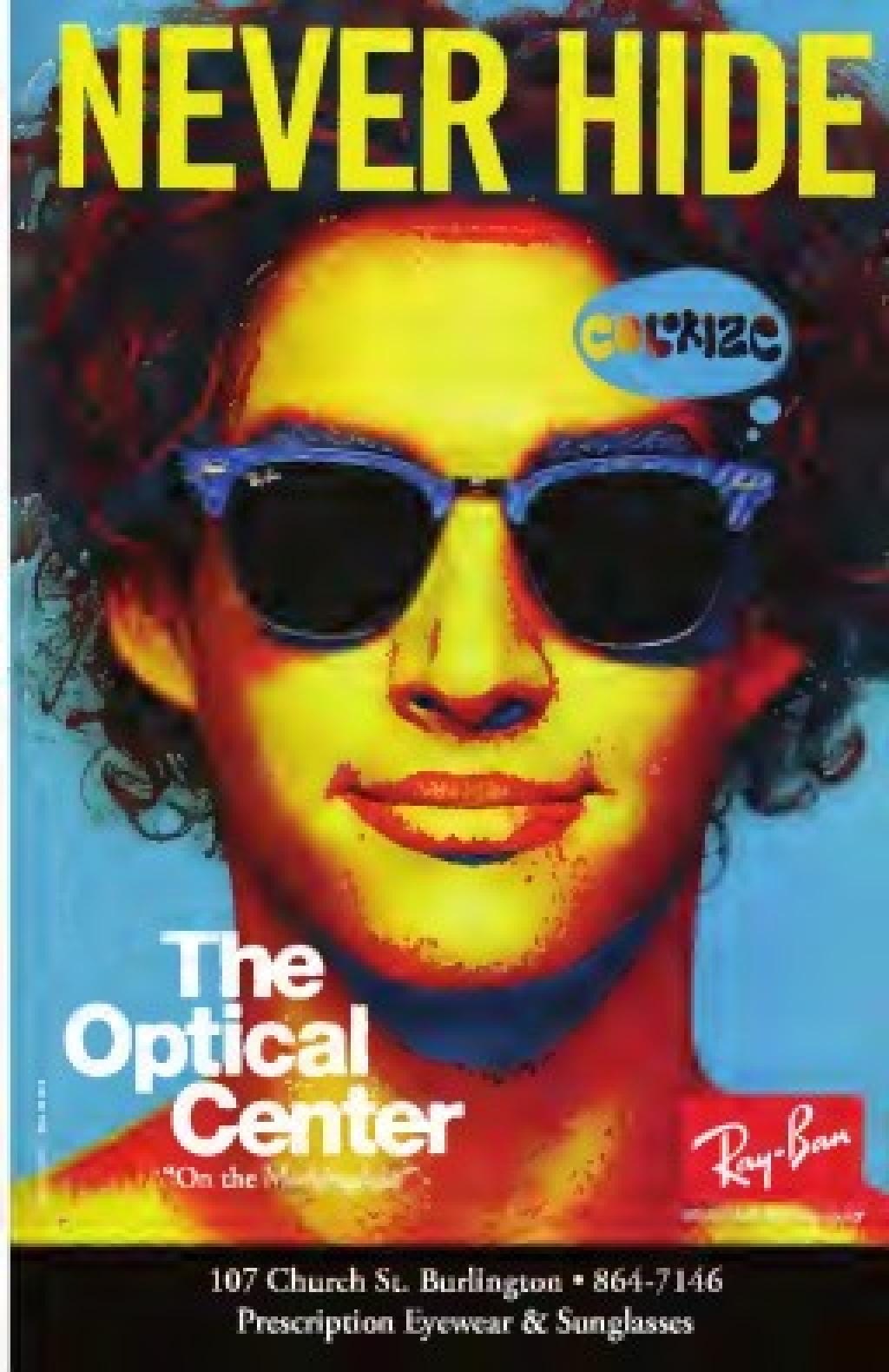
68 Bridge St., Rutland,  
424-2949

Complex flavor meets reasonable prices at this small-town eatery owned by native Vermonter and New England Culinary Institute grad Marica Loring. The Cuban and Arbolito Pizzas alone is worth the trip. **\$12-\$18**

**Looking  
for some  
cheap eats?**

Check out our directory  
on page 53

# NEVER HIDE



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# WHAT'S IN STORE

**mg staffers recommend their favorite shops**

**N**eed new shoes? Looking for a good book? Want some funky stuff to dress up your dorm room? If you're new to Burlington, you probably don't know what local retailers suit your style, so we asked the four editors who helped create this handy-dandy guide to tell us where they shop. You'll find their recommendations below. —mg

PHOTO: BRITTNEY TRUCKEE



#### FROTHIES 182 College St., Burlington, 862-6226

Frothies is not just a shoe store; it's a positive place. If you love a little extra cash lying around — or plan to up for a visit — swing in afterward to have a personalized pedicure (of course, it's always nice to reward buying nice shoes to go with your shiny new toes). This little boutique has a great selection. You're bound to find a pair that fits your style, and your budget!

#### SWEET LADY JANE

49 Church St., Burlington, 862-5851  
Some of the staff at the hippie-chic shop is out of my price range, so I wait for the sweet sales. Walk to the back of the store to check out what has been recently marked down. If I'm in the mood to splurge, I usually go to the plenty cases, where there are tons-of-one-of-a-kind pieces.

#### ARTISTIC INC.

26 Main St., Winooski, 860-6206  
When I came up with my tattoo idea at the end of a long day, I searched for a studio open late the next and ended up at Artistic Inc., hidden in a cheery, latty room that makes you feel more like you're closer to your friend's house than getting inked up. But don't let the laid-back atmosphere fool you: the whole take their work seriously and it shows. See what I'm talking about on page 108 — there's a pic of my tattoo.

#### AlexaRae Wright

#### SPIRIT DANCER

125 S. Winooski Ave., Burlington, 860-6200

A very nice performance artist, she is this store to survey the shelves, and now I can't pass by without stopping in. Incense, yoga mats, meditation materials, candles and great books on Eastern spirituality — just to be surprised what you can find at the Pepper House. Be sure to chat it up with whoever is working. They can help you find amulets and symbols to strengthen — or cleanse — your life.

#### Shop Here!

Check out our shopping directory on page 102.



ORIENTATION

WEEKEND GUIDE

New plays,

MUSIC & FILM

Arts and entertainment.



## Mike DiBiasio

**BORN GALLERY** 125 Main St., Burlington, 863-3389  
Forget head shops; this glass gallery will blow you away. Stop by in mid-September for its 10th Glass Off, where the world's best glass artists compete on Born's kiln-crafted and melted glass. Born also offers吹牛吹气 classes to make you an artist in 30 days. But if you can't afford the heat, create some \$10 glassy outside.

### STYLZ

104 Church St., Burlington,  
860-3-1988  
Mike DiBiasio has that ure and  
Andy Warhol...and you get.  
So far. This nifty boutique and  
gallery offers prints, posters,  
shorts and hats designed by  
local designer Kyle "Fugue D."  
Dwyer. Even if you didn't  
sit tight on Lil Wayne or Da  
Lil Soul — (you'd like those  
though) — a trip to Stylist is  
still in order, if only to marvel at  
T-shirt's bold and talented take  
on pop culture and the world  
of hip-hop.

### GOODWILL

209 Harvard Lane #200,  
Williston, 879-2044  
Two words: Thrift pickup!  
If you don't dig Bazaar now,  
just wait till your find Vermont  
writer. They're not the latest  
in fashion, but Goodwill's  
selection is varied in design  
and color — and well broken  
in, too! Your Goodwill Bazaar  
will become a household staple.  
It might also score your parents  
when you come home on  
break.

### LUVNY'S SHOE & APPAREL

315 Main St., Williston (off  
Circus), 879-0940

Leave your lights in the closet,  
step into Luvny's, and pick  
yourself out classic clothes  
and shoes for every Vermont  
season. The place has all the  
apparel you need to look nice  
and like a true Vermontian. (See  
Comments to Choice: Designer  
page.) Forget it. Get the some  
double-fisted judgment.

# Jessica DiNapoli



## THE SHOE SHOP

28 Church St., Burlington, 802-860-5126

In Vermont, you need shoes that are comfortable and can handle all sorts of weather. My delightfully decorated waterfront 1800+ foot store has been 2nd to none in Burlington for decades — and of course, we're in white and red season.

## WRESTLE STUP & UPSTAIRS ANTIQUES

207 High Ave., Burlington, 802-860-5126

Please look elsewhere if you're looking for the very ordinary. Come here. Some items are less polished than others; youth is the primary ingredient. One-of-a-kind finds are welcome (but no haggle — leave my selling!). But many of these fun finds have a playful side and will add much-needed patina to your new living quarters. What rustic and trunk in my closet? It's perfect storage container!

## CROW BOOKS

14 Church St., Burlington, 802-860-5126

Don't expect to find a specific item — the classics are always the first to go at a used book shop. However, I always think some sort of purchase because it's so easy to stumble upon an unexpected gem here. Everything is cheap and in good condition. The last time I visited, I found a sequel to Tom Robbins, but I ended up with a thick old psychology and another thick schizophrenia痊癒指南.



## INSTANT RUN-OFF VOTING

When Burlingtonians elect a new mayor, they just need their second and third choices on the ballot. It's too complicated to be a contested, off-the-wall, good-for-donorship election. That is,

- 
- Free People
  - French Connection
  - Corey Lynn Calter
  - James Jeans
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  - Satya Jewelry



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# Will Ryan

## ADVANCE MUSIC 75 Maple St., Burlington, 860-622-5122

**ADVANCE MUSIC** IS one of the better music equipment stores in New England — or the country as a whole, as far as I'm concerned (see p. 25). The guys who work there are the most stoked about their gear. They generally have guitars in the store to try out, Advance has a whole room devoted to acoustic instruments and a wall of strings, the guitar section is well-stocked, and the staff is friendly. You can't go wrong when you walk in.

## MAVEN

### 151 Cherry St., Burlington, 860-864-1543

It might look like a ski shop on the outside, but don't be fooled. Maven carries lots of Neff's apparel, including prettily styled T-shirts and a host of winter goods. It's definitely catered to the skier and snowboard crowds, with the right accessories and soft wear to get you through the winter and summer.

## SIMON'S

### 85 Main St., Burlington, 860-863-3

Simon's is essential to the Vermont gear sound over Maple (see p. 25). They stock almost anything you'd possibly need or want as a winter wear item: bags, hats, socks, goggles, including clothes to keep you warm in the harsh, subzero-B-Ice temperatures. When the place warms up, Simon's makes the greatest lamp from Wong's in Bremen and the after selection is phenomenal.

## PURE POP RECORDS

### 175 E. Main St., Burlington, 860-862-2522

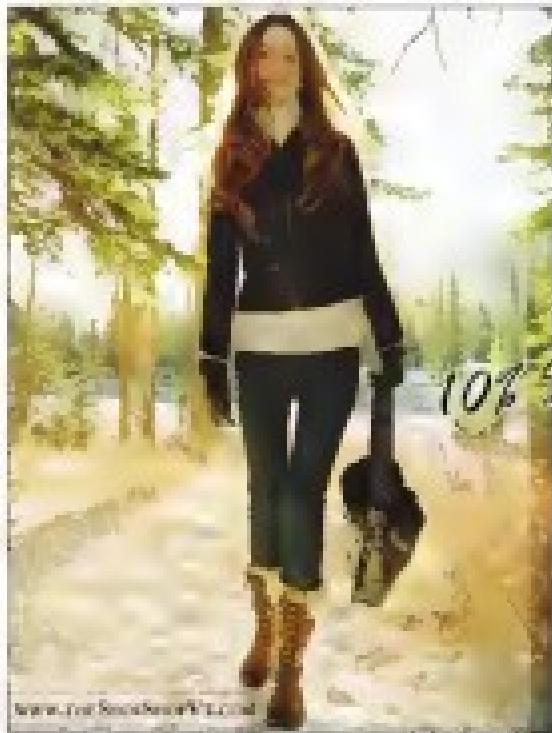
This alternative music store is certainly a landmark in downtown Burlington. It's that kind of rockin' place you hear about from friends who love music. (Chicago? Beach? Indie? released? it's down there. You'll find the Person through the nooks vinyl collection. Here there's just as much brand new (unlike wrapped) stuff on sale as an CD.)

J

## JEEZUM CROW

Everyone has their own accent and speech impediment. This is allegedly an effortless way of saying "Dumb Deaf."

157 Peach St. — [www.jezumcrow.com](http://www.jezumcrow.com)



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# ROAD TRIPS

**B**urlington is a great place to eat, shop and hang, but you've got to get out of town to truly appreciate the Green Mountain State. As they say "round these parts, 'The best thing about Burlington is that it's close to Vermont.'" Below you'll find a list of Burlington-area road trips. Plan a day trip with your friends or significant other, or take the train when they come to town. It beats studying, *seg!*

## Mount Philo

State Park Rd., Rt. 7, Charlotte, 434-2393

You've undoubtedly made some cardboardy friends as well as some less adventurous — but equally fun — pals. Mt. Philo is a great place to bring 'em all (see p. 54). The hiker types can walk up the 1,650 ft. mountain while the rest of the crew drives the winding road to the top. Best of all, the summit park where there are such views of Lake Champlain, the Adirondacks, and the surrounding countryside. Bring blankets and grab a less-powful picnic.

## Shelburne Orchards

216 Orchard Rd., Shelburne, 786-2733

This family-run orchard overlooks Lake Champlain and is an awesome place for apple picking. Choose from 20 varieties of apples. Paula Red and Jersey Macs. 90 acres of certified organic fruit like peaches, doughnuts and cider. You're going to notice Shelburne Orchards around perfect or

with names like — they used their orchard. One's a signature fresh You can get her, too, during the tractor parades.

## Muglie-Mat's Brewery

3 Bartlett Key Rd., South Burlington, 458-2329  
Going to a brewery when you're underage may seem like an exercise in futility, but not at Muglie-Mat's unashamedly kid-friendly bar (see p. 55). The free-guided tour is not just for children. It leads you through the process of brewing Vermont's best-known beer, "Muglie-Mat," plus a chance to sit in "High-Heel-ville" with your pals, which hangs with Muglie-Mat's highest hypertension and ends with their famous brew! Your strong friendship will be reinforced with plenty of hugs.

FALL

# What's Good beyond Burlington

BY MIKE BURGESS, JESSICA CAMPBELL, WILL RYAN AND ALEXANDRA WRIGHT

## Spa Day

You will always know someone who is driving to Stowe to slake the yearning over the mountain, but the slopes aren't the only place. If all the "studying" you're doing is taking its toll on your precious bod, make an appointment at one of the spas in and around Stowe for a massage, body scrub or facial. It might sound costly, but we mean no thin-slicing the mountain. And boys, don't be too afraid of a few girls to try some of this stuff — we know you'll love it.

- Stoweflake Resort and Spa: 1040 Mountain Rd., Stowe, 253-7000
- Stowe Mountain Ledges: 7412 Mountain Rd., Stowe, 253-3366
- Topnotch Resort & Spa: 4000 Mountain Rd., Stowe, 460-5557

## Stowe-Waterbury Tasting Tour

Hungry? Try a "Stowe Dog," or, well, an eclectic list, place called Snowdoggs. If peach-glazed red walls don't get you in the mood for a hot, greasy fryer, relax with "If You've got it, eat it dogs" — with mustard and cheese sauce ... they have burgers and fries, too. Putten mouth on Route 100, though, free-dessert-and-chocolate at the Cabot Annex and Lake Champlain Chocolates, please. Keep on going to Cold Hollow Cider Mill home to delicious cider and famous donuts. The Bon & Jerry's Factory is on Route 100 right before you get back on 109. Looking for a sit-down meal? The Alchemist brew pub in downtown Waterbury (see p. 26) makes mean burgers and fried pickles.

- Snowdoggs: 1080 Mountain Rd., Stowe, 253-7765
- Cabot Annex: Rt. 100, Waterbury, 246-4334
- Lake Champlain Chocolates: Rt. 100, Waterbury, 247-2180
- Cold Hollow Cider Mill: 1600 Waterbury Stowe Rd., Waterbury Center, 387-7537
- Bon & Jerry's: Rt. 100, Waterbury, 246-1500
- The Alchemist: 23 South Main St., Waterbury, 247-4120

## Pizza Puck

1203 Airport Plaza,  
S. Burlington, 862-5189  
South Burlington is right around the corner but in winter storms it takes awhile to get there. The place is way up this joint, but that's not why you go. There's an awards, some boring signs, indoor mini-golf and beer tap. Dude, beer tap.

## Spare Time

273 Lower Mt. View Dr.,  
Colchester, 452-2720

This local bowling alley used to be called "Pardon Lanes," but they've spiffed it up a bit and changed the name. The game's the same, though. Bowling is easy to learn, you can order food and drinks while you do it, and it's fun to play against people you don't know that well. In other words, the ideal activity for college students.

WINTER



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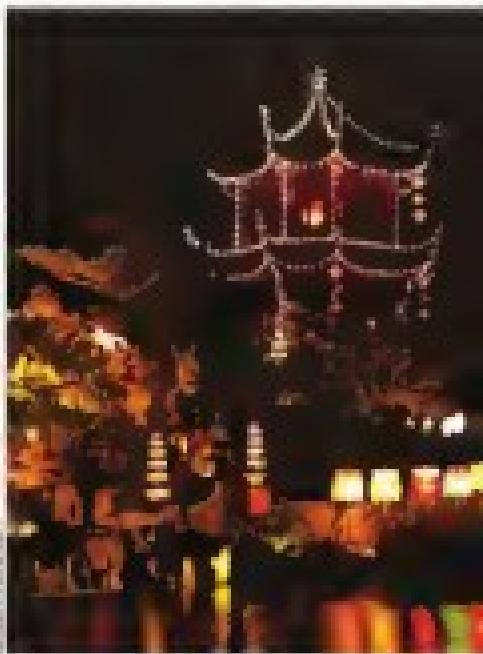
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## GETTING THERE

### CashShare Vermont

131 St. Paul St., Burlington, 802-2340

You don't have to be tied up with the car for miles. Burlington based CashShare Vermont parks eight cars around Burlington — including two at UVM and twelve at Champlain — to give you the four-wheeled freedom you need without the cost of maintaining a vehicle. After you pay the \$30 membership fee, choose the share plan that's right for you and be on the road in a few days. Don't worry about gas — you only pay for time and miles. How sweet is that? Get all the info and rates on their website: [www.cashshare.org](http://www.cashshare.org)



### CDTA

These buses take you all over Burlington, Chittenden County and even to Montpelier, Middlebury and St. Albans. UVM, Champlain and St. Mike's students ride for free with their student ID cards. For routes and schedule information, visit [www.ctda.org](http://www.ctda.org)



MONDAY NIGHTS • 8:00P • [www.wpsradio.com](http://www.wpsradio.com)

# SPRING

## Make it to Montreal!

Awesome fact: Montreal is only about two hours from Burlington and offers necessities that Vermont doesn't. But there's more to the French Canadian city than strip clubs, casinos and winter challenges — like food markets, great shopping and museums. Tired of winter? Check out the "orchid room" at the botanical gardens. Whatever you do, bring your passport. You'll need it to get back into the U.S.

- **Montreal Museum of Fine Arts**: 1080 Sherbrooke St. W., Montreal, Quebec  
1-800-269-1881
- **Jean Talon Market**: 2025 Guyon Ave., Montreal, Quebec, 514-287-1888
- **Montreal Botanical Garden**: 4701 Sherbrooke St. E., Montreal, Quebec, 514-872-5400

## Dakin Farm

2997 Rte. 7, Hinesburg, 482-2244

If you thought Vermont's co-ed March Fools were weird, wait till the woodchucks start pouring maple sugar on snow. That's right, nothing says "Hello spring" like baking hot syrup over a fresh spring snowball — well, at least in Vermont. Head to Dakin Farm on Route 7 for their annual stick to your ribs Sugar on Snow Party. Don't forget to buy a gallon of syrup for the rest of the summer.

## Sunset Drive-In

88, 120, Colchester, 863-1802

In the fall and spring, this outdoor multiplex screens back-to-back features late into the night. Show up in shorts with some chips, popcorn and bug spray. Even bad movies look good from this vantage point. Get there early for even-purp.

## Cedar Knoll Country Club

13020 Rte. 11A, Hinesburg, 482-2188

Rent a large bucket of balls for six bucks and take out your frustrations on the Cedar Knoll driving range in Hinesburg. Feed the hitting tee links? You can go for nine or 18 holes. The views are great.

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**S**pend the weekend at a jazz jam-off fest and party with *Peri Krusha Linn* at Divinocore, which represents part of Burlington on the state legend issue in Maryland. Linn will create tools to give her constituents glimpses into the backs of present

As 23, Bern is the youngest member of the Vermont House who can hold as president of UVM's Student Government Association. Rich launched her campaign for a spot in the legislature in spring 2008, before she'd even graduated. She has a popular Progressive movement, in part because she mobilized the student vote which  
**closed** off other  
with Bern to  
find out how the  
statements with  
constituents on the  
media

# FOLLOW YOUR LEADERS

**One Democrat politician keeps you posted on Facebook and Twitter**

第29回 お別れ



FREEBOUR

Page 10

80

第10章

Home

**Q** What social media platforms do you use?   
Keshi Ram: Facebook and Twitter, and I link them up. When I put up a new tweet, it updates my Facebook status. I do one or three updates a day. Once you get above a certain amount, it starts to overload someone's Facebook.

**Q** You tweet about official business, but you also tweet about personal stuff, like going to concerts with your statewide colleagues. Rachel Weston:

RW: I think people really like to hear that their elected official is a real human being and does fun things. I'm also part of a generation that grew up with Facebook. It was opened to all college students in 2004, my freshman year. I know what to put up, and how personal to get. A lot of my colleagues who are just starting to see it are still struggling with that. It's a big something you have to get accustomed to.

**Q** Does using social media get students to engage more with politics and issues?   
RW: I think so. I find that most people my age have become accustomed to these tools, whether church members before they check their phone before church, before work... People tell me, "I feel like I know so much more about the legislature." Someone used to me recently, "Your posts make me feel like we have our own say on state governance."

**Q** Do you ever get flack about it from other legislators?

RW: When I'm at the Statehouse, I'm often on my laptop and have Facebook open because it's like my email account. I've had other legislators say, "Oh, there's a post up there, you

probably don't want to be on Facebook." It's been a long challenge. To explain to them that that's how I communicate with the majority of my constituents.

**Q** Really? The majority?

RW: Over half of the registered voters in my district are between the ages of 18 and 25. And a lot of my older constituents are starting to use Twitter and Facebook.

**Q** Does using social media at the Statehouse distract you from doing your job as a legislator?   
RW: I think if I were trying to do up to the minute tweets about what was happening in a meeting, it would. When we're voting, it's a big issue. Like same-sex marriage or the budget. I'll tweet about it immediately. But I think people expect me to process things for myself and then let them know what's going on. I think that allows me to keep it from interfering with the decisions I need to make. I also think it's important to add that anyone who uses social media, especially on mobile devices, needs to think about the level of respect they're providing to the people they're actually talking to face-to-face. I try to make sure the people I'm with feel respected. There is something to be said for being in the moment and not constantly being on your phone. *end*

## @KeshaRam



Rep. Kesha Ram, the legislative activist born January 19, May 19, The 2009 election was a dramatic one with electoral debates over the budget, same-sex marriage and Vermont's future: the state's lone nuclear power plant. The Democrats in the legislature managed to override not one, but two vetoes by the Republican governor, and Rep. Ram tweeted it all from her laptop and iPhone. And yet after standing next to Barack Obama in her profile pic,

**100 VOTES!** English arts advocate in history, second this session! Legislature's budget upheld, more work to be done...

1:00 PM Jun 2011

Rainy grey Monday...a perfect day to be in Montreal with Rep. Weston looking and the perfect present and the latest in Hampshire fashion. 10:30 AM July 2011

We had a great hearing on antibiotic resistance and the antibiotic saga with McCordell, et al. Rep. Weston & Antibiotic resistance? Your thoughts? 1:15 AM Aug 2011

My commitment to expand the scope and depth of green job creation efforts in the Greenline Economic Development Bill passed the House (at this 20:20 PM 6/27/11)

Anti-Ruby Balding #Vetoed  
deconcentrating food tax (H 408) now. To my constituents who care about local food growing PES: 2:10 PM 6/27/11

Get my first Bill on the principal speaker — H 113, to study Regrettably not at committee unanimously! Presented to the Mar 2011

Follow Rep. Ram @kesharam or find her on Facebook, KeshaRam

Find State Days on Facebook or follow us on Twitter. For a list of our Twitter feeds visit [convergevt.com](http://www.convergevt.com)

# *good to go!*



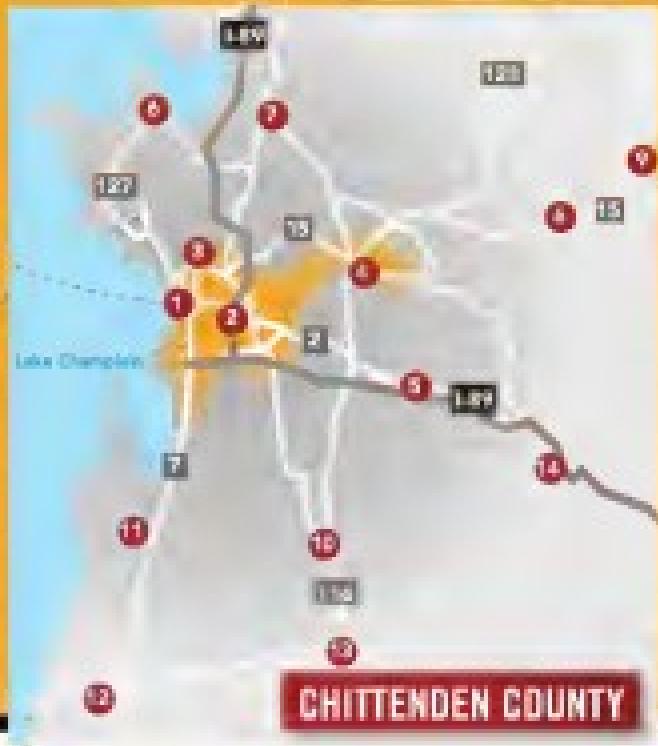
## LOCAL SKI AREAS

### LOCAL SKI AREAS

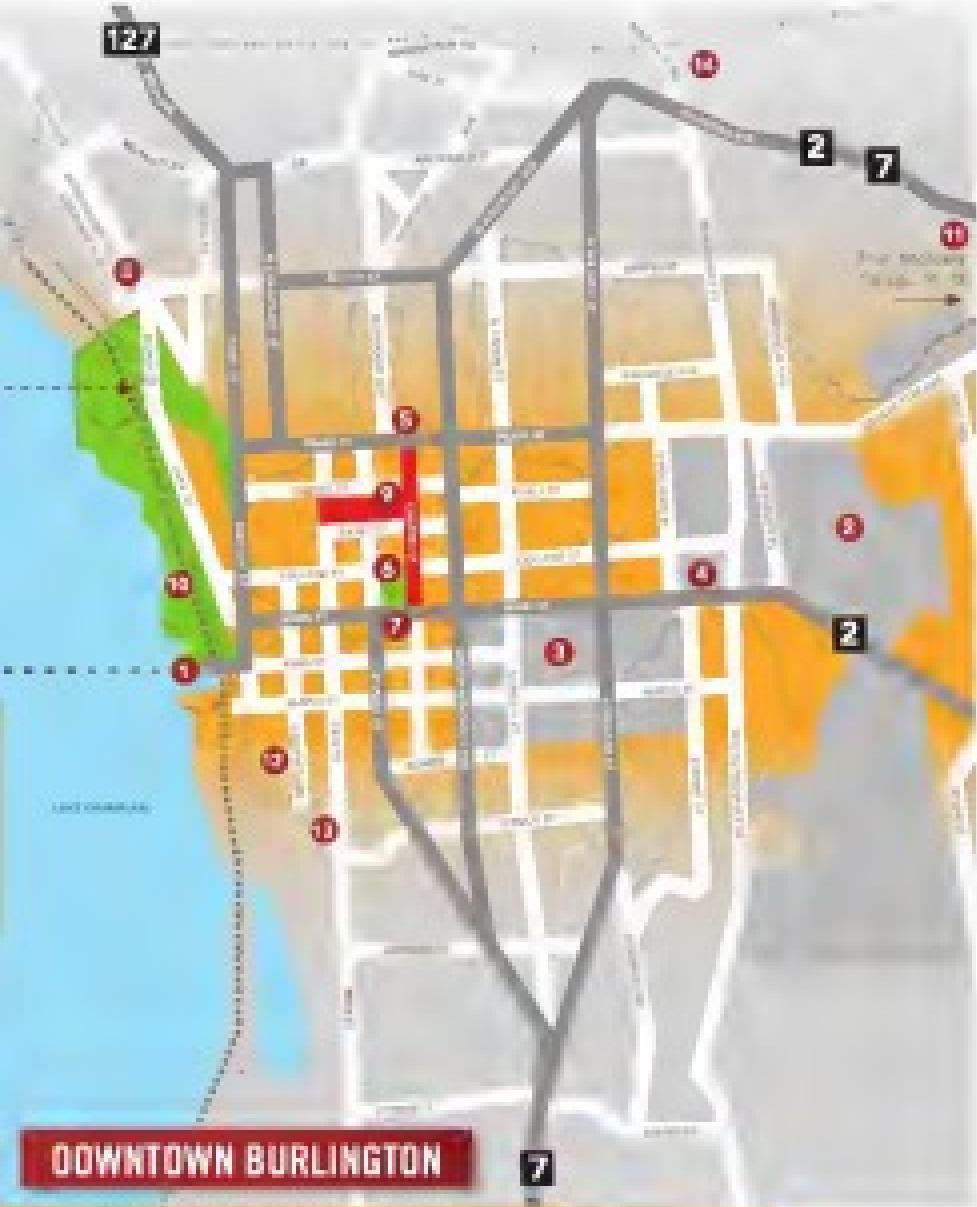
- A Mad River Glen
- B Sugarbush
- C Bolton Valley
- D Stowe
- E Smugglers' Notch
- F Jay Peak

### CHITTENDEN COUNTY TOWNS

- 1 Burlington
- 2 S. Burlington
- 3 Winooski
- 4 Essex
- 5 Williston
- 6 Mallett's Bay
- 7 Colchester
- 8 Jericho
- 9 Underhill
- 10 St. George
- 11 Shelburne
- 12 Charlotte
- 13 Hinesburg
- 14 Richmond



## CHITTENDEN COUNTY



## DOWNTOWN BURLINGTON

- |                                |                           |
|--------------------------------|---------------------------|
| 1 King Street Ferry Dock       | 8 Burlington College      |
| 2 Fletcher Allen Health Care   | 9 Cherry St. Bus Terminal |
| 3 Champlain College            | 10 BCHO Lake Aquarium     |
| 4 UVM                          | 11 St. Michael's College  |
| 5 Unionen Universalist Society | 12 Seven Days Office      |
| 6 City Hall Park               | 13 Greyhound Bus Terminal |
| 7 Flynn Center                 | 14 The Interval           |



# The Great Outdoors

Had enough screen time? Turn off your laptop and go outside. There are plenty of outdoor escapes close by to get you out of the books and into the stacks. Here's what you'll need to know — where to hike, where to bike, where to chase powder, where to go for a round of trout ... and where to gear up before you get started.

Mike Dilillo asked the experts from Burlington's outdoor outfitters to recommend some of their favorite spots. Their tips appear throughout these pages.

## Outdoor Stores

### ALPINE SHOP

1165 Willow St., S. Burlington,  
860-271-4

"We truly work hardcore" is the family-owned outfitter's motto. You'll find everything you need for alpine excepts at their roadside skier's lot — even ski lift passes. They've got a Middlebury store, too.

### BURTON FLAGSHIP STORE

80 Interstate Plaza, Burlington,  
860-229-0

Respect your roots, especially if they invented your sport. Jake Burton's flagship store is the last stop anyone bordering Vermont for gear (see p. 26).

**Jeff from Outdoor Gear Exchange offers this seasonal tip:** "Check out Shelburne Farms in the wintertime when it's free and open to the public."

### CLIMB HIGH

811 Park St., Burlington, 860-696-0  
From mountain-bike helmets, there's the do-it-yourself climbing and hiking shop. You'll find a wide selection of gear and apparel here. Don't forget to go outdoors and check out the sales.

### EASTERN MOUNTAIN SPORTS

180 Baseline St., S. Burlington, 860-867-3

Packing permits? Bring your student ID to this supplier and get a 15% discount (VERMONT DAY on DMRTHBIV). You don't have to be book smart to understand this is a good deal. Ask about rentals too.



### THE NORTH FACE STORE

47 K.S. SPORT

218 College St., Burlington, 860-860-0

Locally owned and operated by K.S. Sport, the authorized North Face Supreme Dealer is a one-stop shop for your outdoor gear needs. It's also the largest one in Vermont.

### NORTH STAR SPORTS

100 Main St., Burlington, 863-3832

Don't know anything about assembling and putting up a new tent? North Star will help you get your rod on. They rent, too; just rent and hold a bike swap in the beginning of May.

### OLD SPICES HOME

222 N. Shattuck Ave., Burlington,  
863-4475

Looking for a vintage ride? Old Spices has p. 240 cans anything with two-wheels, including old bikes. Very cool.

If trail running is your thing, Gregg at EMS recommends hitting up Ethan Allen Park for rooty, rocky and steep trails that are easy to access and perfect for all abilities.

### OUTDOOR GEAR EXCHANGE

102 Cherry St., Burlington, 860-6150

New and experienced outdoor junkies should stop by the retail fleet discount prices and used consignment gear at OEM. Its employees also offer a wealth of local outdoor knowledge.

### ROCK HIGH

21 Pearl St., Burlington, 863-4187

Skiers and longboarders stock up at this annual corner shop. But don't expect early morning service — these guys open at noon.

### SKI BACK

83 Main St., Burlington, 863-3513

Snowsport Industries of America calls this the #1 ski shop in New England, but it's also a notable bike shop with lots of bicycles. They have 500+ to choose from. They rent and do repairs, too. Find great deals at their bike swap in May (see p. 240).



**LAKE MONSTER, CHAMP** A persistent legend is said to inhabit the waters of Lake Champlain. A local resident recently explored it no other — on his confidence — and it was big news. Bruce MacLellan reports.

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rock climbing



# The Great Outdoors

## Where to Climb

### PETRA CLIFFS

100 Brattle St., Burlington, 860-862-7272  
This indoor climbing gym has 400 p. 400' offers a variety of routes ranging from 5.5 to 5.12. If you don't know what that means, sign up for an introductory lesson.

## Where to Bike

### LOCAL MOTION

1 Steele St., #400, Burlington,  
860-246-5333

This nonprofit group is the authority when it comes to biking through the Green Mountain State. Check out their informative Trail Finder at [localmotion.org](http://www.localmotion.org). Or call ext with questions. They will take you.

### BURLINGTON INTERVALS

180 Intervale Rd., Burlington, 860-864-0449  
In Burlington's urban landscape, hiking and biking (and walking) along the Winooski River to the Ethan Allen Homestead (see p. 24).

### EXTREME OUTDOOR FAMILY CENTER

500 Bay Chittenden Rd., Williston,  
878-5000

Dare to be the "Family" in the title? Keep you away from the 500-acre spread on the outskirts of Burlington. Come here for biking, cross-country skiing and running.

### HINDEBURY TOWN FOREST

Essex Center Rd., Hinesburg

Looking for an off-the-beaten-path?

Hindevury's 107 acres over forest is laced with single-track and rocky trails for even the most rugged wilderness buffs.

### ISLAND LINE BIKE TRAIL

This 12-mile trail runs along Lake Champlain from Colchester Point. Farther to the southwest (causeway is narrow) is another called the eastern 3 miles, mostly flat, with water on both sides. In the summer, a lake ferry connects you to the Champlain Islands. Contact Local Motion for details.

### KILLINGTON RESORT

4020 Killington Rd., Killington,  
802-626-0

Ski the gondola up and take down the huge network of trails. It's perfect for all abilities and all types of riding—and you won't repeat the same run twice in a day.

### KINGDOM TRAILS

Rte. 114 Rte. E., Burke, 802-8737

It's a bit of a drive, but the Northeast Kingdom mountain-biking network is worth the trip. Get the complete info at "the best" Kingdom Biking in the U.S.

### MILLSTONE HILL

4022 Winooski  
Rte. 8, Barre, 878-1000

Another destination area, the Bike Touring Center in Millstone Hill in East Barre maintains a 40-plus-mile network of bike trails—both challenging single-track and more moderate roads—that circle dozens of old granite quarries and "groul" pine forests.

### SUGARLOAF SKI RESORT AND GOLF CLUB

1840 Sugarloaf Access Rd.,  
Warren, 802-824-8288

Designed for off-road bikers, Sugarloaf is earning a good reputation for its varied network of fun single-track runs, including few-rock obstacles, technical forest trails and high-speed descents.

## Milking Backpacking

### CAMEL'S HUMP

Approach from Huntington

Vermont founder Ira Allen initially named the distinctive 3,600-foot mountain "Camel's Hump." In the late 1800s, from the Huntington side, you can go up the top and make it back down in time for dinner.

### GREEN MOUNTAIN CLUB

4011 Waterbury Street Rd.,  
Waterbury Center, 844-7620

Vermont's premier hiking advocacy group takes care of the Long Trail and most of the paths that lead to it. If you're looking for maps, advice or a place to stay, the GMC is the place to start.

If you're a beginning mountain biker, Nicki from Ski Rack recommends the "Rowing" trails of the Saxon Hill Trail Network in Essex.

### LONG TRAIL

This is the oldest long-distance hiking trail in the United States. The 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border. And there are 175 miles of side trails. Huh? See the Green Mountain Club for more details.

### Mt. ASHABEHAM

Approach from the Lincoln Gap Rd. At just over 4,000 feet, Mt. Aben is one of Vermont's tallest peaks. Along with Mt. Aben, it's on the section of Long Trail between the Appalachian and Adirondack. An easier approach is via a side trail in the town of Lincoln.

### Mt. MANSFIELD

Approach from State and State Park. From a distance, Vermont's tallest peak resembles a human face. But you'll notice steep rock, tight corners and even some ledges as you pass near the "forehead," "nose" and "chin." It's a long strenuous ride up the popular Sunapee Ridge trail.



Photo © J. S. Lutz

Killer roads and saving money.

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# The Great Outdoors

## Hiking/ Backpacking

By Michael

MT PHOENIX

State Park Rd., Rte. 7, Danville,  
428-2889

Mt. Phoen is the perfect high-elevation  
hike for a day or with friends —  
your less adventurous buds can climb  
up the 6,668 ft. peak (see p. 40). Open  
from Memorial Day Weekend until  
mid-October. Dress and unleash  
your inner leo.

### SNAKE MOUNTAIN

Mountain Rd., Vergennes, 878-1564

Located on the Addison/Essex  
town line, Snake Mountain is a  
steamy hot spring oasis of your. Don't  
forget to go before you go — there  
are no facilities at the summit.

## Ski & Ride

Most Vermont mountains  
offer special deals for  
students. Be sure to call or  
check out their websites for  
discounts. We're not printing  
their web addresses here;  
you know how to use the  
Google, right?

### BOLTON VALLEY SKI RESORT

1300 Bolton Valley Access Rd.,  
Bolton, 434-3444

Close to town but still a nice escape  
into the Greens, with night skiing,  
water slides through October.  
Beginner — 27% Novice, 40%  
Intermediate, 28% Advanced. Terrain  
Park: Night Sliding. College Deal.

### BURKE MOUNTAIN

223 Stowe-Mt. Burke Rd.,  
East Burke, 1-888-BURKE7

Get good views of this mountain,  
home to former Olympian skier Peter  
Burke Mountain Academy.  
43 Trails — 8% Novice, 25%  
Intermediate, 36% Advanced. Terrain  
Park, College Deal.



**For the backcountry skier,**  
Pat from the Alpine Shop says  
check out the glades of the  
Chin Clip trail at Stowe. You'll  
be knee-deep in powder. And with the  
lifts so close, there's  
very little hiking.

### DECHAMPS SKI AREA

810 Dechamps Rd., Bellows Falls,  
424-2409

The area's best terrain runs by  
beginner and expert. They've got a  
nepo tow and a T-bar.

### ELLY PEAK RESORT

4850 Rte. 242, Jay, 848-2811

Find lots of fresh powder, great  
grooming and lots of challenges. But  
turn to us — it's really cold. 76 Trails —  
20% Novice, 40% Intermediate,  
40% Advanced. Terrain Park, College  
Deal.

### KILLINGTON RESORT

1000 Killington Rd., Killington,  
422-6200

It's huge and full of tourists. Ski for  
a week and you won't get sick of it.  
Untidy the slopes. 141 Trails — 28%  
Novice, 33% Intermediate, 39%  
Advanced. Terrain Park, College Deal.

### MAD RIVER GLEN

Rte. 17, Waitsfield, 496-3884

Get its expert terrain if you can,  
or the groomed slopes. But leave your  
snowboard at home. No borders  
allowed. It also offers the only  
single-person lift lift in North  
America. 65 Trails — 20% Novice,  
30% Intermediate, 37% Advanced.  
College Deal.

### MIDDLEBURY SNOW BOWL

Rte. 105, Middlebury, 860-4264

Not as big as it seems. But  
comparatively price bowl has some  
of the best and deepest snow  
around — 82% for all day adult  
weekend pass. The Mad signs off  
near town here. 10 Trails — 33%  
Novice, 30% Intermediate, 37%  
Advanced.

### PICO MOUNTAIN

4263 Killington Rd., Killington,  
422-3333

All trails on the run. Family-friendly  
mountain lead back to the same  
area now. 80 Trails — 20% Novice,  
40% Intermediate, 32% Advanced.  
Terrain Park, College Deal.

### SPRINGDALE'S NOTCH RESORT

4223 Rte. 108 E., Springfield, 844-4854

This neighborhood resort is relatively  
inexpensive, and it's got a great  
terrain park. 78 Trails — 19%  
Novice, 30% Intermediate, 34%  
Advanced. Terrain Park, College Deal.

### STOWE MOUNTAIN RESORT

1241 Mountain Rd., Stowe,  
1-800-633-4354

The "Front Four" runs are  
unbelievably steep and gnarly. So the  
sun-baking without in the morning  
to beat the rush and catch the nasty  
sun — if you can afford it. 105 Trails —  
16% Novice, 29% Advanced.  
Terrain Park, College Deal.

### SUGARLOUGH SKI RESORT

AND SOLF CLUB

1448 Sugarloaf Avenue Rd., Sherburne,  
1-800-53-3558

Superbush bowls mixed terrain  
and lots of fits, and it's not crazy  
crowded. Plus, it's pretty close  
to Burlington. 113 Trails — 20%  
Novice, 40% Intermediate, 39%  
Advanced. Terrain Park, College Deal.





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# The Great Outdoors

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800 S. Center, 040-8733

**BLUEBERRY LAKE CROSS COUNTRY SKI CENTER**  
429 Roberts Rd., Warren, 406-6660

**BOLTON VALLEY XC**  
4200 Bolton Valley Access Rd.,  
Bolton, 434-3444

**KENWOOD TRAIL/SURF XC**  
203 Shanty Hollow Ln., C. Park,  
828-8737

**CATHAMOUNT OUTDOOR FAMILY CENTER**  
950 Rte. 100, Stowe, 875-8000

**Gribbin from Climb High** suggests a trip to Upper West Bolton for climbing close to town. "It's not a fine ride during the week," says Gribbin — a "fine ride" is when you spend more time waiting to climb than climbing. "Plus, there are great views."

**CRAFTSBURY OUTDOOR CENTER**  
525 Lark Knoll Rd., Craftsbury  
Common, 864-7187

**HIGHLAND LODGE & SKI TOURING**  
1660 Craftsbury Rd., Stowe, 864-2643

**MORSE FARM SKITOURING CENTER**  
1100 County Rd., Montpelier,  
1-800-223-0690

**MOUNTAIN MEADOWS CROSS COUNTRY SKI AREA**  
300 Threeridge Brook Rd.,  
Burlington, 733-2007

**MOUNTAIN TOP INN & RESORT**  
125 Mountain Top Rd., Killington,  
463-2311

**MINI VALLEY NORDIC CENTER**  
71 Main St., Morrisville, 228-1264

**OLE'S CROSS COUNTRY SKI CENTER**  
2330 Alpine Rd., Warren, 406-3430

**REBERT SKI TOURING CENTER**  
Rt. 125, Bradford Center, 875-5000

**SLEEPY HOLLOW INN AND SPA CENTER**  
1600 Shanty Hollow Rd.,  
Burlington, 434-2383



**SMUGGLERS NOTCH VERMONT CROSS COUNTRY SKIING**  
4023 Rte. 100, Smugglers' Notch,  
864-1123

**STONE MOUNTAIN RESORT'S CROSS COUNTRY SKI CENTER**  
5781 Mountain Rd., Stowe,  
253-3684

**TRUMP FAMILY LODGE NORDIC CENTER**  
7000 Trapp Hill Rd., Stowe, 253-8511

**THREE STALLION INN TOURING**  
4005 State Forest Rd., Randolph,  
758-5254

## Where to Sled

Looking for downhill action on your Mad River Rocket — or your battered inner tube, or cheap plastic sled? Check out Seven Days' Sledding Hillside Guide. Find a link at [sevendaysvt.com/sled](http://sevendaysvt.com/sled).

## Where to Ice Skate

**LEEDY PARK**  
216 Leedy Park Rd., Burlington,  
463-7524

**C. DORELAS CARRIS ARENA**  
4028 Chestnut St., S. Burlington, 863-5577

**ESSEX JUNCTION SKATING**  
2 International Dr., Essex Junction,  
864-1264

## Parks We Love

**NORTH BEACH**  
20 Institute Rd., Burlington  
This is the best place for a beachfront picnic. Almost you can sit in a camp in Lake Champlain — unless it's ice-out.

**WATERFRONT PARK**  
1 College St., Burlington, 863-2242  
Walk, bike, fish from a floatie down by the water, or bring your books and study. There's a skate park, too.

**LEEDY PARK**  
216 Leedy Park Rd., Burlington,  
463-7524  
The indoor ice rink is the crown jewel of this city park. And they've got tennis courts, picnic areas, baseball diamonds, a fast-food eatery, a bench and hiking trails, too. Frederic soft-serve and Bagels to stave off hunger have had some of the neighborhood's best reviews on the site. They were all flying around when we went to press.

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# The Great Outdoors

## Parks We Love

(Continued)

### GARLASSO PARK Pine Ave., Burlington

Hike and picnic here, or go for a swim. They've got a volleyball court, too. And a handicapped-accessible tree house.

### RED ROCKS PARK

Central Ave., S. Burlington 864-6164  
Swim, hike or walk your dog at this gorgeous landscape park. Leave your bin at home.

### WHALE TAILS WALKING PATH

Community Dr., S. Burlington

You've used the whale tails from the highway, but did you know that you can walk up and touch 'em? The short path to Jim Sanjour's sculpture — officially called "Reverence" — winds past boulders and through a meadow. Take Wilson Rd. to Kennedy Dr., then take a left onto Kimmel Ave. Take a left onto Community Dr. The turnout is on the right after you pass Ben & Jerry's private office.

### WINDSOR RIVERWALK

1 Main St., Windsor

Minnows, waterfowl, benches can't quite do justice to Burlington, but this pleasant place to walk after trundling at Smugglers (see p. 64).

## Disc Golf

### JOHNSON STATE DISC GOLF COURSE

College Hill, Johnson, 823-1234

This 18-hole disc course competes during the school year including a Disc Disc Tournament, and their annual Ice Disc in the winter for subsets/holes.

### THE WOODS AT SMUGGLERS' NOTCH

4023 St. 100, Smugglers' Notch, 863-6115-6025

Forest Indians will like this 18-hole course that crosses the resort's AC and unmarked trails. Bring some cash for the bar.

### CENTER CHAINS INC. GOLF COURSE

Maple St., Waterbury

Owned by the town of Waterbury, this 18-hole public course in the foothills of the Green Mountains hosts annual spring and fall tournaments.

### SUGARBUSH DISC GOLF COURSES

1640 Sugarbush Access Rd., Warren, 1-800-521-5588

The Disc Course and the Park course — which requires chairlift access — are "super," according to the Professional Disc Golf Association. You'll need an association Disc logoget membership for the fee.

## Work Out! (Inside)

### ALL AMERICAN FITNESS & TRAINING

1651 Wilson St., S. Burlington, 863-3098

### ATHLETIC CLUB OF VERMONT

42 Pearl St., Essex Junction, 294-0812

### BODY RESOLUTION

2640 Wilson St. Suite #2, S. Burlington, 428-5840

### CORE STUDIO

431 Pine St. Suite 104, Burlington, 862-8686

### ESPIRE

12 Gregory Dr. #2, S. Burlington, 450-3636

### THE FITNESS CENTER:

DOWNTOWN  
26 Church St., Burlington, 860-8713

**Petra Cliffs' Ryan** suggests bouldering on the Smugglers' Notch Road (VT 108). You'll enjoy the roadside routes — if you get there before the road closes for winter.

### FITNESS OPTIONS

1058 Remond Rd., S. Burlington, 263-4848

### LADIES WORKOUT EXPRESS

1127 North Ave. #23, Burlington, 263-2909

### ON TRACK HEALTH & FITNESS

1 Main St. Suite 100A, Burlington, 863-2258

### PLANET FITNESS

30 Community Dr. #7, S. Burlington, 863-8818, S. River Rd., Essex Junction, 863-5100

### THE REBAR YMCA

965 Roosevelt Highway Suite 106, Colchester, 861-0111, 38 Hawthorne St., Williston, 878-8888

### SPORTS & FITNESS EDGE

4 Morse St., Essex, 878-7734 ext. 3,  
4 Scatter St., Essex, 878-7734 ext. 2, 75 Congress St., S. Burlington,  
864-0002, 142 W. Town Ball Ter.,  
S. Burlington, 858-0001, 215  
William St., Williston, 848-3343

**THE WOOLLEN MILL HEALTH CLUB**  
28 W. Canal St. Suite 2, Winooski, 863-2259

**YOUR PERSONAL BEST FITNESS**  
2640 Wilson St., S. Burlington,  
863-1818

### GREATER BURLINTON YMCA

266 College St., Burlington,  
862-0822, 32 Nichols Bay Pk.,  
Winooski, 859-0423





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# Cheap Eats

Looking for a place to chow down on a limited budget? Here's a list of affordable restaurants in and around Burlington. There's nothing high-end here — just good grub and lots of it. Parents in town? See Food Editor Suzanne Pochlitzer's prior suggestions on page 31.

## Rise & Shine

### ARCADA DINER

1000 Willow St., S. Burlington,  
861-8884

Open since 1955, this veteran diner serves American and Greek cuisine — think spaghetti, gyro, rice pudding and avgolemono. Brunch served all day long. **□**

### BAGEL MARKET

30 State Street, Essex Junction,  
872-3814

Everyone you see the night before will be here grabbing morning grub. Try an "original" bagel with original artichoke cream cheese. **□**

### BREIGGERT'S BAGEL BAKERY

53 Church St., Burlington, 860-1955  
Burlington's bagel chain, but it's based here in Burlington. Get quick coffee, soups and sandwiches on bagels. Open 7 a.m. at day. **□** **ICARLY** only

### BURLINGTON BAGEL BAKERY

510 Shelburne Rd., S. Burlington,  
864-0234

Burlington's original bagel shop cooks up more than 20 types of bagels, including sesame and toasted red pepper. **■** **ICARLY** only

### DONUT BOYS BAKERY & COFFEE SHOP

85 Pearl St., Burlington, 868-1405

The neighborhood place serves up comfort food Tuesday through Sunday. The informal bakery sells homemade doughnuts, pie and pastries by the dozen. **□**

### GREAT BAGEL

312 Pearl St., Burlington, 863-0133  
Choose from breakfast platters and eight varieties of bread made fresh. On the spot, service. They give you a free slice just for walking in the door. Open 7 a.m. **□**

### Y' RANDY'S LUNCH

74 Maple St., Burlington, 864-0843

You won't find a lot of tourists at this family-owned no-frills breakfast-and-lunch place, but locals love to sit around the horseshoe-shaped counter and gab (see p. 23). **□**

### MIRABELLES

150 Main St., Burlington, 863-2874  
This Burlington bakery-cafe serves sweet-and-savory French bread, but the know-how de-pays its popovers, pastries and cakes. They also sell... **□**

### PANADERIA

200 N. Wisconsin Ave., Burlington,  
863-8278

Cakes are king at this neighborhood bakery (see p. 23) that turns out French pastries, mousse and cookies — and for lunch, savory stuffed croissants. Try the torta. **□**



### PENNY'S DINER

155 Pearl St., Burlington, 862-8840

This '50s Queen City diner still serves breakfast all day and offers home-cooked classics like copy, rebo, jambalaya. **□**

### LIBBY'S DINER

1 Remond Hwy., Colchester,  
863-8243

After a night of partying, Libby's chocolate shakes and crispy fried rice hit the spot. **■** **ICARLY** only

### MAGNOLIA BISTRO

1 Lincoln Lane, Burlington, 860-3446

Burlington's first "green" restaurant serves creative cuisine for health-conscious diners. Go for the oatmeal pancakes, prepared longer or local meatloaf sandwich. **□**

### PENNY QUICHE CAFÉ

155 Cherry St., Burlington, 861-8834

It's worth the wait for the crepes, biscuits, omelets and French toast. More o'melettes! The soups and sandwiches are stellar. **□**

### THE SKINNY PANCAKE

68 Lake St., Burlington, 868-0188

Get yours with a side of skinny living at this water-friendly cafe. Try the Lowcountry which contains whole-grain and Multi. There's a Skinny in Montpelier now too (see p. 24). **□**

### SPEAKER'S BISTRO

36 Main St., Williston, 863-0061

Williston's prettier bistro/brunch spot fills up fast. Get there early on Sunday and smother Burlap butter-clad French toast with real Vermont maple syrup.

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# Cheap Eats

## Getting Buzzed

### DOOR TEA

104 Church St., Burlington, 863-3424  
Coffee drinkers will turn to tea after trying some of Door's 20+ loose leaf varieties. The Burlington-inspired owner will have you shouting "Tea schmea." It's nice to "cheers" in Czech. ●

### MUDGY WATERS

184 Main St., Burlington, 863-6998  
Sip on coffee, beer wine or smoothies at this hyper-chillout. Leave your computer at home and chat up with a bartender instead. ●

### RADIO BEAN COFFEEHOUSE

8 N. Winooski Ave., Burlington,  
863-2346

Highly lauded and a tight menu of soups, pizzas, vegan bowls and baked goods keep the hyper-chillout hopping. Open 6 a.m.-7 p.m. ●

### SAPA TEA & COFFEE

8 Cedar St., Burlington, 218-4888

So small cups of rich Vietnamese coffee and loose leaf tea, as well as fruit juices, smoothies and bubble tea. Simple chocolates, truffles, tarts, bonbons and other sweets, too. ●

### SPIDER & LAIL'S

104 Church St., Burlington, 863-8630,

412 Pine St., Burlington, 863-8214

The full-bodied Ethiopian coffee is great, but the earned — you might not sleep for a fortnight. Get outside at the Church Street location, or bring your laptop to Pine Street and suit for free (see p. 25). ●

### UNCOMMON GROUNDS

42 Church St., Burlington, 863-4207

Slow-burnin' — US is the Church Street place of choice when you've got just some work done. They've got great coffee, their A+ flatbreads and yummy chocolate beauts in the dessert case. ●

### Y VERA ESPRESSO

157 S. Winooski Ave., Burlington,  
863-5480

This all-Vermont coffee shop (see p. 22) has more than just roasted java. Their hot and cold sandwiches are served with complimentary chips in a chili con carne. ●



## Deli Eats

### ALERT'S RESTAURANT — HOME OF THE VERMONT

#### SUPER SOUP COMPANY

1620 Winooski St., S. Burlington,  
862-5670

Searching for classic comfort food? Visit Alert's for Sunday brunch — the potatoes au gratin. ●

### BURLINGTON BAY MARKET & CAFE

125 Battery St., Burlington, 864-0110

The turkey Reuben is ridiculously good. So are the winter pastries, Asian chicken salad and the turkey BLT. When the weather gets warm, try a Vermont maple s'mores on the deck. ●

### CAFE DOMINIC

28 Courtland St., S. Burlington,  
863-3334

Locals keep coming back for Italian-style soups and specialty sandwiches, sometimes revised after neurological operations.

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FOR A COMPLETE LIST OF HIGH-QUALITY RESTAURANTS AND HOTELS IN BURLINGTON, CHECK OUT TRAVELER AT BURLINGTON.COM

### CAFE WINDOW

60 Market St., Suite 3, Colchester,  
863-5248

The owner of Mi Sazon serves up Venezuelan classics alongside Western sandwiches and bubble tea. ●

### CHEESE 'N CRUST SUPERSTAR

118A Church St., Burlington, 863-7640

For every bowl of soup you buy at this build-your-own grilled-cheese eatery, a bowl is donated to a local food shelf. ●

### CHEESE OUTLET /

#### PICK N' MARKET

400 Pine St., Burlington, 863-3868

The prices are high end, but the sandwiches and baked goods are yummy — and cheap! See p. 25. ●

### CITY MARKET

42 S. Winooski Ave., Burlington,  
863-4700

One complete from the hot bar before closing the doors at this full-service high-quality grocery store (see p. 48). Open 10 a.m.-9 p.m. ●

### COBBLESTONE DELI AND CAFE

152 Battery St., Burlington, 863-3304

This specialty sandwich shop has the only deli counter ever in town. Grab a sandwich, salad or soup to sample the baked goods (see p. 25). ●

### FOUR CORNERS OF THE EARTH

340 Pine St., Burlington, 863-2868

Try the Jamaican jerk chicken, pork or barbecue tuna sandwiches. The owner also makes his dinner entrees each night, one of which is vegetarian (see p. 26). ●

### HEALTHY LIVING ORGANIC CAFE

222 Forest St., S. Burlington,  
863-2566

This extensive cafe, baked and bread bar are all organic. Try the West African yams and peanut stew or a quinoa smoothie. ●



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# Cheap Eats

## Italian/Pizza



**A BITE AGO**  
457 St. Paul St., Burlington 344-0007  
Burlington's only organic pizza is made **•♦♦**

**BOWIE'S RESTAURANT**  
68 Paul St., Burlington 344-4454  
This no-nonsense, family-owned eatery runs Art Deco wonder. The press-and-potion scene—see the fashionista—too! The lasagna was featured on the Food Network. **•♦♦**

**CAPO'S PIZZA**  
Burlington Town Center, Burlington, 862-0016, 140 N. Wisconsin Ave., Burlington, 862-9999  
This friendly pizzeria in the Burlington Town Center foodcourt is known for its daily specials and super fast service. **•♦♦**

**DEAMY'S NY PIZZA**  
22 Main St., Winooski, 455-7488  
From New York? You'll feel right at home at Deamy's. Try the Chicken Pizza-Pasta pie. **•♦♦**

**DOMETTE'S PIZZA & PASTA**  
112 Church St., Essex 879-9234  
Fresh homemade Italian-inspired food runs from pastries, soups and pasta to pizza with 100 toppings.

### JUNIOR'S DOWNTOWN

136 Main St., Burlington, 862-1234,  
825 Park St., Colchester, 825-2223  
Get New York-style pizza, baked pasta dishes, Italian pastries and even classes of fresh bread. For a sit-down dinner try Junior's in Colchester. **•♦♦**

### KEN'S PIZZA AND PUB

71 Church St., Burlington, 862-3323  
No walk-down town is complete without the joint of Ken's Pizza — the exhaust fan vents right onto Church Street. **•**

### LEONARDO'S PIZZA

83 Paul St., Burlington, 862-3780  
Burlington's award-winning pizza-delivery service has taken the pea sky high. Try the BBQ Chicken or Greek Green Island. **•♦♦**

### MANHATTAN PIZZA & PUB

162 Main St., Burlington, 862-4779,  
13 Northgate Ave., Essex Junction,  
268-8080  
Nothing beats an you-can-eat pizza and wings on Sundays and Thursdays. The pizzas are a plus. **•♦♦**

### MIA MIA PIZZERIA

579 Shelburne Rd., S. Burlington,  
862-6427  
Grab a slice of the "White Garden" pie and break it off with some sputterin' Yum. **•♦♦** (Cafeteria only)

### MIRRO'S PIZZERIA

4 Cornhill St., Essex Junction,  
268-5454  
Mirro's is promises fresh Italian food served by enthusiastic waitstaff. Try the pizza and pasta dishes or the special Roasted Chicken Salad. **•♦♦**

### MR. MIKE'S

208 Main St., Burlington, 864-0022  
Pasta, beer and upscale games keep college hangoutin' kids at lunch, dinner and late-night snacks. Devour a slice of Bohemian — also good. **•♦♦**

### PAPA FRANKS

12 W. Cedar St., Winooski, 862-3422  
The home-style Italian food is good and there's lots of it! Papa Frank's. You'll leave with leftovers. Garlic bread comes with every meal — it's for cheese on top. **•♦♦**

### PIZZA PUTT

1205 Airport Hwy., S. Burlington,  
862-1888  
On Mondays from 5-9 p.m. there's all you-can-eat pizza. Mind your mind and leave the last option every night here. **•♦♦** **•**

### PK CAFE

136 College Plaza, Colchester,  
455-4545  
Right across from St. Mike's and everything is home-made — sample the Vietnamese sandwich followed by a piping hot latte here. **•♦♦**

## Quick & Easy

### ANLI SABAY'S KABOB SHOP

103 Main St., Burlington, 862-5352  
The pita alone is worth a stop. Topped with chicken, herbed mayo and salsa, it makes the perfect sandwich. The sweet, palek-fries are another classic. **•♦** (Cafeteria only)

### AL'S FRENCH FRIES

125a William St., S. Burlington,  
862-5200  
Al's not only has the best hand-cut French Fries in Chittenden County but great cheese curds too! **•♦♦**

### BANANA WINGS CAFE AND PUB

1 Turner Marketplace, Essex  
Junction, 876-0022  
This pub-cafe has live music and specials and features open mic the first Saturday of every month. Try the rich-meat clam chowder and chowder. **•**

### BIG BABY'S DELIVERY

171 Church St., Burlington, 862-0888  
College students and bar hoppers flock to the lower Church Street location for late-night wings, slices and subs. Open til 2 a.m. They deliver! Bon Appétit! **•♦♦**



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# Cheapy

## Quick & Easy

continued

### • BIG FATTY'S BBQ

55 Main St., Burlington, 864-5313  
At Fatty's, in your taste, there's just the beginning of "Put some South in your mouth." As in pieces of pork and maple-infused BBQ sauce. •



### BBLOOD

52 Church St., Burlington, 864-5771  
Get buzzed without the guilt at this microbrew which features naturally-fermented, organic beer and brews like the recent: • •  
KABoard only

### BUENO Y SABRO

213 College St., Burlington, 864-9380  
Over-sized sandwiches and burritos bustin' at the seams with fresh ingredients—including barbecue bacon and garlic aioli— • •  
KABoard only

### CHICKEN CHARLIES

1100 Williams St., S., Burlington, 862-1211

Fried-roasted chicken and baby-back ribs under some plates—get 'em with some BBQ gravy. • •

### MICKEY'S SOUTHWEST GRILL

1150 Williams St., S., Burlington, 864-4680

Mickey's Hot Dogs (with much smarter and tastier sister brother—the Jimmy Bag of Delights with a healthy dose of chips) and Who Is Kaiser? is enough food for the whole weekend. • • KABoard only

### NECTARIS

108 Main St., Burlington, 868-4771

Nectar is known for spreading fruit and puree its glorious juices (see box p. 72). •

### NEW ENGLAND WINES

125 E. Main St., Winooski, 863-7900

Get some hot wings and gravy from delivered after a long weekend of "studying." • •

### NEW MOOD

190 Cherry St., Burlington, 343-1900

Empty conformity under a charcoal as you thumb through house-made sandwiches, salads and baked goods. Full espresso bar too. •

### NEW WORLD TORTILLA

495 Free St., Burlington, 863-1658

Veggie quesadillas and Thai chicken wings make New World a true college fave (see p. 26). • •  
KABoard only

### NOTHING BUT NOODLES

150 Bond St., S., Burlington, 868-4656

In addition to noodle dishes from around the globe—think beef Shangrila and pad Thai—the menu features noodle-less ethnic items such as Thai lettuce wraps and kung pao chicken. • • KABoard only

### PENTING

139 N. Champlain St., Burlington, 864-5980

Pick a service spot in this bright dining room. The Sluggo—panini sans meat with eggs and topped with ham—will be a hit for breakfast. Try the BBQ beef or salmon for lunch (see p. 25). •

### SHALIMAR OF PUNJAB

14 N. Williams St., Burlington, 864-5883

The \$1.99 Sunday lunch is at this family-owned Indian restaurant a great deal. •

### THE SPOT

210 Stellman Rd., Burlington, 860-1718

This new surf-themed joint serves fun tacos and the Dr. Hu's an creative stuffed with bacon, sriracha and blue cheese. •

### SUGAR MAP

506 Riverside Ave., Burlington, 868-5822

Choose from freshly prepared salads sandwiches and homemade soups at this take-out stop. Recycled-glass home-brews are also available. •

### TOMMY'S CITY GRILL

280 Stellman Rd., S., Burlington, 863-6618

Heavenly American fusion cuisine in a fast-food setting. Try the spicy chicken burrito. •

### WINGS OVER BURLINGTON

150 Bond St., S., Burlington, 862-5914

The wings—made with fresh chicken—are come in 20 flavors, from "wings" to "intergalactic" to the best-selling "honey BBQ." There are wraps, ribs and sandwiches too. • • KABoard only

## DELIVERY

Lucky, your driving hell doesn't deliver, and ordering pizza is gonna get old fast. Luckily, with 1000+ delivery from many local restaurants, and they accept credit cards from SMC, UVa and Champlain. Sure, there's a delivery fee, but it's worth it when you're craving sushi or Mexican in the dead of winter. "Too hungry to walk?" It's now instant and order online at [bit.ly/1Mqgkpo](http://bit.ly/1Mqgkpo).



### PERMIT

Look at the map above as Church Street looks poised for a grand re-play this fall. Get ready. Stick around and listen, for it's been said, you're a Vtner now, and we're here to help.

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# Cheap Eats

## Asia Major

**ASIAN** \$5-\$10

25 Worcester Falls Rd., Winooski,  
855-8400

The American Dream Roll is a crepe that comes with rice soup, salad, and 10 pieces of spring roll for under \$15. Of course, the Banh Mi Bowl — it's big enough for two. **●**

**CHINA EXPRESS**

29 North St., Burlington, 860-2225,  
255-2225, Burlington St., Burlington,  
862-2000

This take-out-style restaurant sells a lot of fried dumplings and General Tso's chicken. The North Street location offers a limited rice option (see p. 24). **●** **●** (COPPER-ONLY)

**CHINESE Noodle House**

8 Park St., South Burlington, 229-5488  
Check out The pool of poche, jumbo for some good pad Thai, and the mini or spicy. **●**

**FU DA CHINESE RESTAURANT**

102 Pearl St., Burlington, 864-3843  
You can't beat the hours — it's open every night, and late. Vegetarians can create their own veggie combos. No lunch on Sundays. **●**

**KWAN'S CHINESE RESTAURANT**  
105 Park Ave. St., E. Burlington,  
860-5475

Serving all the Chinese classics from neighborhood Hunan down south to Hong Kong fare. **●** **●**

**M-S Asian**

270 St. Albans Rd., Burlington,  
865-8263

Dare not focus on noodles at this Vietnamese-style eatery — the BBQ pork ribs clipped to meatball sticks are a must-eat.

**MIA'S RESTAURANT**

COLCHESTER

86 Hanover St., Colchester,  
866-2828

Purchase discount phone-cards to Asia or Southeast Asia, along with your travel and tourbooks. **●** **●**



## BROILED CHINESE CUISINE

5 Market St., S. Burlington, 864-3200

An unpretentious Chinese bistro. Perfect for big groups and banquets, who I share a Scorpion Bowl. **●** **●**

**PEKING DUCK**

79 W. Court St., Winooski, 855-3424  
Fast service and cheap-as-chips make this family-friendly place a must-visit for tourists. Crispy-cut Roastbeef and tender spare ribs are among many Asian options. **●**

**PHO-DIANG VIETNAMESE CAFE**

215 Main St., Winooski, 855-6290

You can power the pho — a Vietnamese soup — or other noodle and rice dishes. Try the classic pho, and the hot & sour coffee mixed with sweetened condensed milk. **●**

**PHO HONG**

255 N. Worcester Ave., Burlington,  
865-8001

By the beef pho or the crispy pancakes — Vietnamese critters stuffed with shrimp, pork, and onions. Vegetarian (or get them with tofu). **●**

**SABOON BISTRO**

140 College St., Burlington, VT, 05401

This new Vietnamese eatery in downtown Burlington offers pho, fried duck and the Da Nang, a dessert made of coconut milk, beans, and green gelatin. **●**

● Delivery ● Takeout ● College Station/Accommodations

FOR A COMPLETE LIST OF HIGH-PRICE RESTAURANTS AND HIGH-PRICE DRINKS AT THE END OF EACH SECTION

## • THAI THAI

24 Main St., Winooski, 855-4848,

21 State Way #310, Essex, 877-2788

There's always a line at this cozy little Thai restaurant on Winooski's Main Street. You know what that means: SPICY! So the great food spot that won't break the bank. **●**

## BARS THAT SERVE MEALS

**MCLELLAN'S PUB & GRILL**

11 E. Allen St., Winooski, 855-8048

McLellan's pub and brunch fare is prepared by chef trained at the nearby New England Culinary Institute. In other words, it's good. The bacon cheeseburger and their we-top-notch Game Day PIZZA (McLellan's only) **●** **●**

**PI BO IRISH PUB**

123 Church St., Burlington, 860-5400

One nice pub burger or sample some fish & chips (with a Guinness, of course) in 210. Think you're a saint? Be proven wrong at Pi Bo's Tuesday night Pub Quiz Game in 720. **●** **●** (McLellan's only)

**HUBBIE JAMES**

100 Main St., Burlington, 864-0344

Rustic bar fare (wings and 50 sandwiches). Fridays after 5, DJ and lots of TVs (see p. 26). **●**

**SWINDERS**

831 College Pkwy., Colchester,  
854-6969

Perched on the edge of St. Michael's College, this joint offers Big Block Hunter (pork and pull-off ribs), wings. Go for free wings with beer purchases on Tuesday nights. **●**

**VERMONT PUB & BREWERY**

114 College St., Burlington, 865-8500

With sandwiches and brewpub fare, they are down near University. Get the Irish Red Ale. **●**

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# Nightlife

**Music, movies, dancing or drama — take your pick. There's a little bit of everything in this directory of Burlington's evening entertainment.**

## Live Music/DJ

### ALEXANDER'S PUB AT THE LINCOLN INN

**4 Park St., Essex Junction, 828-3005**  
Drop in just about cualquier dia de la semana y disfruta de mucha local flavor. Bands such as the Gypsy Flute Band and Rhythm Rockets play until mid-call.

### CLUB METRONOME

**100 Main St., Burlington, 865-4583**  
Club Metronome is one of VT's most popular live-music venues with shows nearly every night. On Saturdays, it morphs into Metronome playing old school A&R beats. December 21+.

### THE GREEN ROOM

**84 St. Paul St., Burlington, 861-3889**  
Way after dinner, the upscale lounge transforms into a hotspot for club house, alternative and hip-hop spun by some of the area's best DJs.

### HALVORSEN'S UPSTREET CAFE

**10 Church St., Burlington, 863-0070**  
The classic American restaurant hosts jazz, poetry readings and "Mind & Meets Art" Open Tuesday nights feature "Friends of Joe," a blues-session tribute to Joe Burlington-area poet Ray Joe Kurnell.

### LEURIN'S BISTRO

**115 Church St., Burlington, 863-3750**  
If you're looking to impress the object of your affection, try Leurin's. This French bistro has less than a million people nights a week. Drop the menu over the last two pages this in Burlington has p. 62.

### NECTAR'S

**188 Main St., Burlington, 863-4721**  
One of the main music venues in Burlington (see p. 62) is also a great place to party throughout the week. Oh, and it's the official "hangout" of Phish. No big deal. December 21+.

### PARMA

**185 Pearl St., Burlington, 864-7913**  
This dive restaurant has live music in both the main dining room and its youth "Acoustic Lounge." The latter is the best spot in town to enjoy a show without the din of bar noise.

### RADIO DEAN

**1 R. Whisman Ave., Burlington, 863-5246**  
If you can't find a Nederlander or Higher Grounds see the lifeblood of

the Burlington music scene. This cozy rooftop hangout is the beating heart. Though small in space, "The Dean" is Burlington's little speakeasy and a musical melting pot.

### RASPUTIN'S

**80 Church St., Burlington, 864-6224**  
DJs play the popular college hangout five nights a week. Pool and foosball entertain anyone who doesn't feel like dancing.

### RE IRA IRISH PUB

**173 Church St., Burlington, 863-5481**  
Designed using salvaged pieces of a 19th-century Irish pub, the restaurant features live music on Thursdays and Saturdays, and Irish sessions on Sunday afternoon 2+ after 9 p.m.



## REGGAE NIGHT

Despite our northerly locale, the Burlingtonians are known to follow the sun up to Burlington. Well, usually anyway. A number of local groups host weekly reggae nights to share your frosty local groove. Sundays, Michael Roopie Reggae Fun with DJs Big Dang and Jimi Demus, at Revolution... all-silently-dubbed "Church" by the locals... is the movement (863) by Dan McHale showing up before midnight). Wednesday Revolution Dancehall with Demus and Special K every Tuesday at Red Square (safely in the sun). And don't forgetta Tings' Caribbean Friday. They claim Jimi Demus (but they also have 84 margaritas). Those summertime in the Queen City can sesh out Revolution Cafe on occasional Thursdays for Jimmy Iannone's performances often courtesy of several VT reggae band luminaries.



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- Burnt MD (hip-hop)
- Gordon Stone (folk)
- Lendway (indie)
- More Bands TBA!



# Nightlife



## THE RADIATOR

An Elton Coated in once famously sang, "Radio is sound salvation." Perhaps another idea that resonates ring as true as in Burlington. Floating at 105.9 on your FM dial, the Queen City low-power community-station the Radiator is a beacon amid the insulation of insatiable pop flooding commercial stations. Much like Burlington itself, the station's programming is eclectic and wholly unpredictable. From local music to obscure experimental oddities, old-time radio plays to interview talk shows, the Radiator is a sound salvation indeed. Stream the Radiator in real time at [radiator.org](http://radiator.org). And be sure to check out the station's sister organization Burlington champions of Burlington Rock City and Vermont music archives, Big Heavy World [[bigheavyworld.com](http://bigheavyworld.com)] Pictured: Lee Anderson, Sean Lusk, Jim Leckridge

## Live Music/DJ

*(continued)*

### SPLASHING VOLUMES

327 Pine St., Burlington, 846-0101  
This Latin浩室 doesn't have regular gigs, but their infrequent shows are worth seeking for. They also sell records — yes, vinyl! Come p. 202.

### THE SKINNY FONDUE

60 Lake St., Burlington, 863-0101  
Folk music and fondue — what's not to love? Get some Thursday, Friday and Saturday nights at The Skinny Fondue down at 6:30 p.m., these bags at \$1 each p. 201.

## Concert Venues

### 242 MAIN

242 Main St., Burlington, 863-2344  
The all ages, substance-free venue is the best place to go for an introduction to Burlington's hardcore punk underground.

### ROCK CENTRE/STYLINS PLACE

153 Main St., Burlington, 863-0946  
The 1400-seat Rock Centre is the area's premier performing arts venue for world-class dance, theater and music acts. The intimate back-to-back Stylin's Place next door hosts experimental and local shows.

### HIGHER GROUND

1214 Williston Rd., E. Burlington, 862-6777

Higher Ground hosts a constant stream of tag team music touring acts on the palatial Bellcom stage. The adjacent Smokehouse Lounge features up-and-coming talent.

### MEMORIAL AUDITORIUM

250 Main St., Burlington, 864-0844  
The absolute rock, but it's the venue of choice for stadium-popping bands like The Tragically Hip, Redding and S.O.B. The Vermont Free Haven — our AllA pro baseball team — plays its fall here, too.



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# Nightlife

## EW, LD. Required

### 1/2 LOUNGE

**106 Church St., Burlington, 862-5912**  
The Bell is a good place to catch the buzz in town. Turntables whirred in an intimate setting. Super-singers plug this cozy spot—music from covers to classic rock. You may even spot some starlets dancing.

### 36 MAIN STREET PUB

**36 Main St., Winooski, 865-8872**  
A mix of college students, local folk and tourists frequent this relaxed sports bar that hosts occasional live music. Don't miss the creative, weekly drink specials.

### DRINK

#### 120 St., Pearl St., Burlington

Dunk has upped its game with a wide variety of mixed-cocktail beer and wine house-made entrees to choose from. Board games and plush couches are the real draw.

### BACKSTAGE PUB

**69 Pearl St., Isaac Adams, 862-5467**  
Local bands fire up the stage on Friday and Saturday. Sunday is karaoke night.

### 690X

**524 Main St., Burlington, 862-1314**  
Where boozers and hipsters coexist peacefully around Burlington's most centrally located pool table. Home of the PBA Army.

### FRANKE'S 673

**222 River City Park Rd., S. Burlington, 863-2899**  
Paul Franke's isn't about big blockbusters and TV screens shrouded in dark, static haze. But it's far enough from campus that you'll need a car or cab fare. Live music and karaoke on weekends.

### JPS PUB

**120 Main St., Burlington, 862-8240**  
If it's karaoke you want, look no further. This classic VT dive serves up weekly rock sessions at least three nights a week. Accept no substitutes.

### LEFT

**105 Church St., Burlington, 862-2088**  
Owned by world-renowned DJ Craig Mitchell (this newly opened hotspot imports top-notch turntable talent from around the globe). It's known for "big-city" dive night.

### MOSAIC'S PUB AND GRILL

**11 C Allen Street, Winooski, 862-0048**  
Dunk's sister pub is just outside of search engines. Mostly misunderstood. Winooski's version of a dive. The weekly drink specials are crucial (see p. 70).

### MONEY HOUSE

**300 Main St., Winooski, 865-4843**  
The hippest joint in Little Mountain, or Winooski. Not only cozy (couches, a pool table) are original George Michael music and enormous bar stools. They've also got the most consistently excellent lineup of local and national indie music: the sole of the Winooski boot.

### THE Q P

**4 H. Winooski Ave., 863-5800**  
The "Other Place" is the crown jewel attraction of Burlington's bars. The music is random and usually loud. Don't complain. Just enjoy it (see p. 72).

### RED SQUARE

**136 Church St., Burlington, 862-8005**  
Red Square has a relatively hip vibe, amplified by the bands that play synth-heavy tunes and in the adjacent alleyway (10th stage after midnight most nights).

### RUBEN JAMES

**120 Main St., Burlington, 864-0794**  
Sports bar by day, noisy dance club by night. By the food — a.g. 25-cent wings on Friday evenings. You'll be surprised. (It's a good bar) (See p. 70.)

### THREE NEEDS

**201 College St., Burlington, 862-0165**  
If you like beer and The Simpson's come for the daily "Duff Hour" with dollar drafts and snacks.

### TRADITION Tavern

**18 Mallett Bay Ave., Winooski, 865-6542**

The traditional tavern — frequented by St. Mike's players — has a long wooden bar and a large outdoor patio. Local bands play Thursday through Saturday.

### WHAT ARE'S YUU

**152 St. Paul St., Burlington, 862-1344**  
It's always crowded and loud, but you'll undoubtedly come hungry for the killer drinks. The ever-evolving menu (see what you all you need to know, page 70) is superb.

## Movie Theaters

### CINEX CINEMAS

**21 Essex Way, Essex Junction, 867-2330**  
Cinex seating, an arcade and a nearby hotel will change just this independent movie house.

### MAJESTIC 18

**100 University St., Williston, 876-2880**  
Huge seats and old-timey movies make this multiplex magical. Plus, — there is an *escalator*! (I don't see that often in these parts.)

### MEMPHIS ROXY CINEMAS

**207 College St., Burlington, 864-1111**  
Burlington's downtown movie theater shows indie flicks and independent films in a progressive-friendly location.

### PALACE 9

**18 Toyota St., South Burlington, 864-5918**

One of the most comfortable and affordable movie theaters around, the Palace offers up soft recliners and some miles as well.



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# Arts & Culture

You can't walk a block in Burlington without bumping into somebody's original art — nearly every store and cafe has some on display. Here's a list of nearby art-only destinations, along with a few cultural attractions that are worth visiting, especially if your parents are in town.

## Art Galleries

### 215 COLLEGE STREET ARTISTS COOPERATIVE

215 College St., Burlington, 863-2462

This sprawling urban art studio is open only off the weekends, or by appointment.

### ARTISTS' GALLERIES

1 Steele St., Burlington, 863-2273

It's a gallery where they hang artworks. The hanging cool though.

### FIREHOUSE GALLERY

125 Church St., Burlington, 863-3162

This red-brick building used to be a fire station. Now it houses photography classes and contemporary art exhibits.

### FLYNN CENTER'S

### AMY E. TARRANT GALLERY

152 Main St., Burlington, 862-1600

Peek in the plate-glass windows on Main Street to see if you're interested in the latest show.

### FLYNNBORG

208 Ryan Ave., Burlington, 863-2223

This funky South End art space on Flynn Avenue (not nothing to do with the Flynn Center) Adjacent office space houses the Outer Space Collective and two of the best public-access cable stations (see p. 22).

### FROG HOLLOW VERMONT STATE CRAFT CENTER

85 Church St., Burlington, 863-6458

They sell lots of high-end local arts and crafts at the storefront.

### GREEN DOOR STUDIO

18 Howell St., Burlington, 399-1124

This is a working studio, not a gallery, but we recommend attending their special events, including the annual Halloween party (see p. 26).

### METROPOLITAN GALLERY, BURLINGTON CITY HALL

140 Church St., Burlington, 863-7465

There's a gallery at Burlington City Hall. Even the government likes art now.

### PINE STREET ART WORKS

464 Pine St., Burlington, 863-8180

They show and sell contemporary art and vintage accessories in the colonial building next to Spruce & Elm (another shop). It's also the home of ADG Glass, featuring functional and artistic items by husband-and-wife glassblowers (see p. 26).

### RIDGE STREET ARTIST'S CO-OP

78 Ridge St., Burlington, 863-6244

Cool students create this community gallery in the Old North End.

### SANCTUARY ART SITE

41 Maple St., Burlington, 864-5849

This non-profit off-grid art space is housed in Lager Bierwerks Taproom HQ. They do three regular exhibits, but if this Ober 2000 design here is showcasing something, it's worth seeing.

### SHELBORNE ART CENTER

64 Harbor St., Shelburne, 846-3848

Take a class, or stored photos of "flat" and surface design. At the gallery,

### UNION STATION

1 Main St., Burlington, 864-1857

The cooler thing about the former train station and the squirrel monkeys on the roof? You've got to pay to go. It's home to The Art's Barn Gallery (see

### WEAR STUDIO

200 Flynn Ave., Burlington, 861-0882

They hang all sorts of artistic art of the public-access cable network, adjacent to the Flynnberg Gallery.

## Museums and Attractions

### ECHO LAKE AQUARIUM AND SCIENCE CENTER

1 College St., Burlington, 864-1848

You won't find any tropical fish at this indoor/outdoor center — it showcases plants and animals that live in Lake Champlain. There are some monstrous alien invasions though. Students \$8, 50+ adults \$12. 50.

### PLUMBING MUSEUM

41 Constitution Ave., Burlington, 864-4759

The permanent collection of UVM's on-campus museum contains more than 20,000 artifacts. Free for students from UVM, Burlington College, Champlain, CCAT and St. Mike's. \$5 for everybody else.

### HELEN DAY ART CENTER

### AND WEST BRANCH SCULPTURE GALLERY

Salisbury St., Stowe, 253-6254

The Crown jewel is the Helen Day Studio and it has the fine art and craft galleries to allow for it. Many such as the Helen Day Art Center are traditional indoor exhibition spaces. The West Branch Sculpture Park incorporates outdoor elements. Check out the natural cedar "goddess" statue in the woods. Students \$3, adults \$5.

### LAKE CHAMPLAIN MARITIME MUSEUM

4472 Bear Harbor Rd., Vergennes, 479-9522

Visit this museum to see the Lake Champlain Underwater Historic Preserve, a different sunken ship accessible to divers — and four boats with living underwater cameras. The museum on land chronicles the maritime history of the area through exhibits, boat building demonstrations, lectures and tours. Adults \$10. Open mid-May to mid-October.

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## PRETTY PICTURES

**Connect the artist with the artwork**

**Kyle Thompson, A.K.A.**

"Fatty B." the first artist born MO co-opts Stair on Church Street. He calls a painter — he colors his pop-themed artwork by hand.

**Drew Cameron (long hair)**

and pieces artwork. Drew Cameron works on "recycled paper" made from military uniforms worn in war.

**Katherine Olson (sleek hair)**

UVU grad Kat Olson has created several public art projects, including the big take lock in front of Rude Barn, and a "Queen City Queen" at the Burlington Town Center on Church Street.

**Mickey Welsh Foster (short hair)**

Artist Mickey Welsh lives in Burlington and paints colorful, primitive figures that are full of life and aggression.

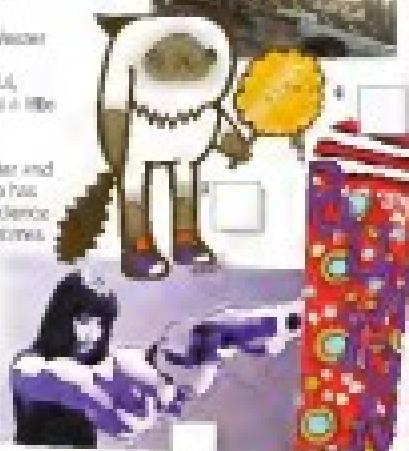
**Dog Napo** A quirky painter and

performance artist, Dog Napo has cultivated a mounted audience with his playful — and sometimes dark — vision of Vermont. Dog framed prints of his work, or pick up some of his greeting cards, which are nearly as ubiquitous as Ben & Jerry's or maple syrup.

**Susie Tash** That

Japonese designer who works at Upper Da Fodus Kemp, is often inspired by her Hindu-influenced Ganesha. Her been featured on "National Poetry" (as Ganesha vs. Cobain) Candy video, made into a star on YouTube. He has appeared on underwear and packaging for the Microsoft Xbox 360 Live.

**THE STAIR ON CHURCH STREET**



## Museums and Attractions

*continued*

**SHELBURN FARM**

1611 Harbor St., Shelburne,  
802 8686

This is the closest thing to a castle you'll find in Vermont (see p.34). The 182-acre estate, originally owned by Wilson Seawell and his Vanderbilts White, is now a nonprofit environmental education center with spectacular farm, a dairy, a bakery and a cheese-making operation. You can pet the sheep and milk the cows — and get free cheese samples. Adults \$8. Open every May to mid-October; grounds are accessible year-round.

**SHELBURN MUSEUM**

5555 Shelburne Rd., Shelburne,  
802 8646

Vermont's famous folk-art museum has 35 exhibition buildings, including a fully restored, 229-foot side-wheel passenger steamboat that once plied the waters of Lake Champlain. Students \$13; Adults \$18; half price for Vermonters.

**VERMONT HISTORY MUSEUM**

100 State St., Montpelier, 475 8500

Get the Cliff Notes version of Vermont's past from the multimedia "Vermont and Beyond" exhibit. Walk through an Algonkian segment, belly up to the bar at a re-creation of the Greenmount Tavern where Ethan Allen gathered his Green Mountain Boys, and watch a video that includes excerpts from the great civil union debate of 2009. Students \$3; Adults \$5.

Want to see some art? Check Seven Days' art reviews, featurettes, gallery profiles and listings. Each week, we print and online at [sevendays.com](http://sevendays.com).

T

**TED BUNDY** The serial killer started his sexual kidnappings in Burlington. He was born at the Mason Center for "abnormal women" in 1946. Poor Ted — that doesn't sound like a very happy start.



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**SEVEN DAYS**



# Shop Here

Why go back home to get your highlights done — or to buy new threads? This list of salons, spas and shops will help you get what you need right here. These stores and service providers are local and affordable, and most of them cater to a younger crowd — namely, you.

## Bookstores

### CROWN BOOKSHOP

24 Church St., Burlington  
863-0948 (see p. 36)

### EARTH PRIME COMICS

104 Church St., Burlington 863-3695

### PEACE & JUSTICE STORE

21 Church St. (downstairs)  
Burlington 863-8224

### PHOENIX BOOKS

214 Davis Way, Essex St. 862-7811

### SPEAKING VOLUMES

377 Pine St., Burlington, 840-0107  
(see p. 24)

### SPRIT DANCER BOOKS

125-5 Winooski Ave., Burlington,  
860-8363 (see p. 36)

## Clothing & Accessories

### BELLA DORNA BOUTIQUE

20 Church St. (upstairs), Burlington,  
863-1754

### DIANFORM SHOES

- 3 Church St., Burlington,  
863-2699
- 81-127 Colchester 863-2623
- 3296 Shattuck Rd., Shelburne  
863-3483

### ECOP CLOTHES FOR WOMEN

453 Main St., Burlington 860-2230

### FIRE AND METAL

146 Church St., Burlington 862-6423

### GRACE STREET WEAR

34 Church St., Burlington 863-2825

### HOMEPREST

137 St. Paul St., Burlington  
863-4680

### HYDRANGEA TOP

114 College St., Burlington  
863-5777

### LORRY'S SHOT & APPAREL

2121 Davis Rd., Williston (off  
Connecticut Rte. 8) 864-6680 (see p. 30)

### MAYHEW

151 Cherry St., Burlington,  
863-1580 (see p. 40)

### MONIQUE

75 Church St., Burlington, 863-4074

### NU-NU

100 Main St., Burlington 864-7396

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### THE SHOE SHOP

38 Church St., Burlington,  
863-8126 (see p. 38)

### STATUS

28 Church St., Burlington 863-8553

### STEEL

104 Church St., Burlington,  
863-3190 (see p. 20)

### STELLA

46 Church St., Burlington 863-2800

### SWEET LADY JANE

40 Church St., Burlington  
863-2784 (see p. 36)

### TORTUES

110 College St., Burlington  
863-6006 (see p. 36)

### TRADEWINDS IMPORTS

110 Church St., Burlington 863-2829

### TRIBECA

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- 217 Church St., B. Burlington  
863-4281, and pharmacy
- 218 Essex Way, Essex Junction  
878-0224, and pharmacy
- 218 Harvard Dr., S. Burlington  
864-8125
- 70 Memorial Ave., Williston,  
863-0382, and pharmacy
- 1120 North Ave., Burlington  
862-8040, and pharmacy

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**NATURAL FOODS MARKET**  
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### SHAW'S

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- 95 Mountain View Blvd., S.  
Burlington, 864-7843
- 573 Shelburne Rd., Burlington,  
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- 465 Mountain View, Colchester,  
864-7623, and Davis Pharmacy

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### FLETCHER ALLEN HEALTH CARE

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services; JustVetservice project; free  
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(see p.63)

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(see Thrift Stores and p.23)

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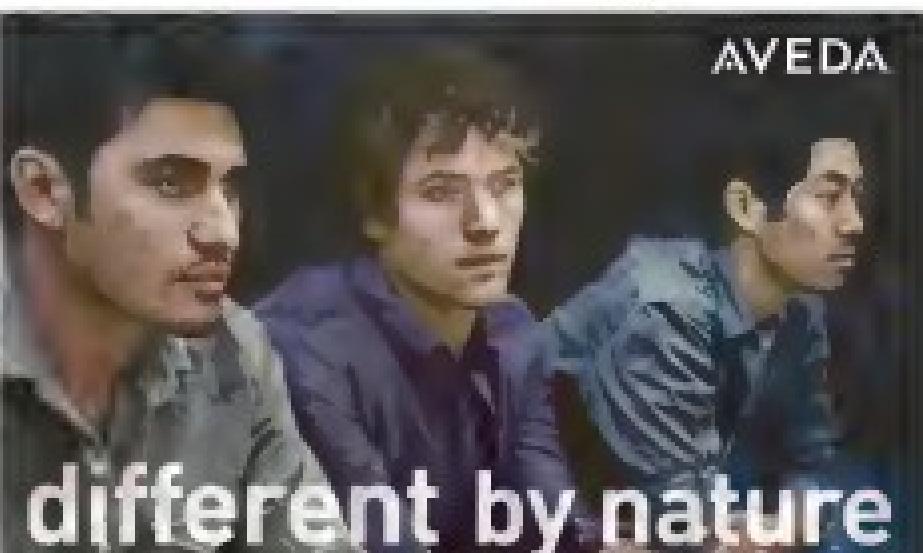
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## STAFF TATTOOS *Where we got inked*

### KEV BIANE BULLWAN, SEVEN DAYS DESIGNER

The Gary Nardino logo on my hand — this is our first logo. He got a hand with a knife through it. The handle of the knife is sort of a wavy cross that says, "Rey," because I'm a nerd. And there's a little sword that, because we do short fiction reviews, I got it at Blue Bookie. Perched on a really cool chair. Gets always very busy Booked Up.

This is the last part of The Little Prince, by Antoine de Saint-Exupéry tattoo! It's my favorite story. I think it's the only book you ever need to read. Everything you need to know is in there. That says "send word he'll return." The picture is of where the little prince appeared in the desert and where he was last seen. It was done by Fred at Body Art. Was great. He's a friend of mine so I might be a little biased.



### PAMELA POLSTON, 3 FROM DAY'S COFOUNDER, ASSISTANT PUBLISHER AND EDITOR

I have collected religious art for a bunch of years, and my interests turned in on Mary, and then turned even further on the image of the sacred heart (above, center). I'm not Catholic. I actually came to interpret that symbol in my own way. To me, it represented having a passionate heart and being open. I started doing it for local tattoo by Fred Bill. He's really an artist. I had no idea that he's famous in the tattoo world. I was walking my dog and looked in a window, and there was a story about him on it.



### ALEXANDRE WRIGHT, SEVEN DAYS INTERN, WHAT'S GOOD STAFF

This is a stylized tattoo, right? It's a Native American deity of fertility. It's used to bring children to people who really want them. And my mom had surgery when she was really really recommended to have me. It was a tribute to her. I got it on Avondale in Worcester. It was late at night — probably 11 — when I needed it. It was really late at night. I didn't have a pen, so I had to put it up on my BlackBerry. I was totally too pay with it, so much so that I sometimes wish it were bigger.



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(see p. 223)

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Sturtevant 71 Church St.,  
Burlington (no phone listed p. 240)

### **GOODWILL**

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### **GREEN CLOSET**

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### **JAMIE'S ANTIQUES**

324 N. Winooski Ave., Burlington,  
860-0008 (see p. 240)

### **PLATO'S GLASS**

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- 1300 Williston Rd., S. Burlington,  
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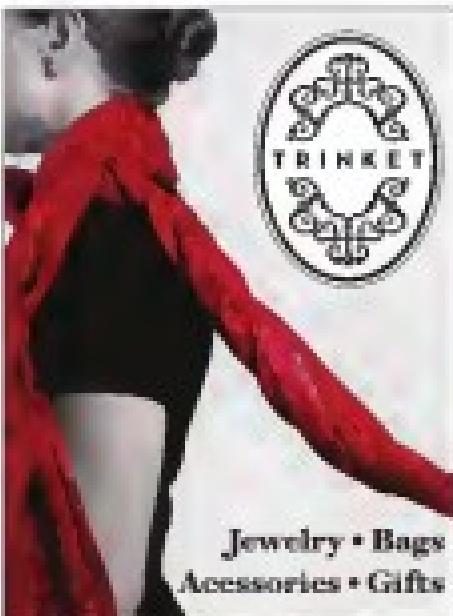
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# CRAM SESSION

## WITH MISTRESS MAEVE

Seven Days' Guide to Love & Lust

Q: Is it bad to bring a boy into the girls' shower?

— All Wet or Wiles

A: No. The other women in your dorm have a right to privacy in the bathroom — don't make them feel uncomfortable by leaving a strong date to the showers. Plus, someone else is going to have to use that shower after you, and I'm sure she'd rather not share it with his DNA.

Q: Last night I got really drunk and woke up next to my really good friend ... naked. I don't think anything serious happened, but I just don't know. How do I tell him without making our friendship?

— Memory Lapse  
on Lennox Street

A: First of all you're lucky you woke up next to a "friend." If you're drinking so much that you're blacking out, something much worse could have happened. If you're afraid you might have a problem with alcohol, or if you're feeling too pressured to party, I strongly urge you to talk with a family therapist or someone at your campus counseling office.

Regarding your friend, it's time for a check-in. Tell him you had too much to drink and need him to clearly know you ended up naked. If you feel safe, it's important

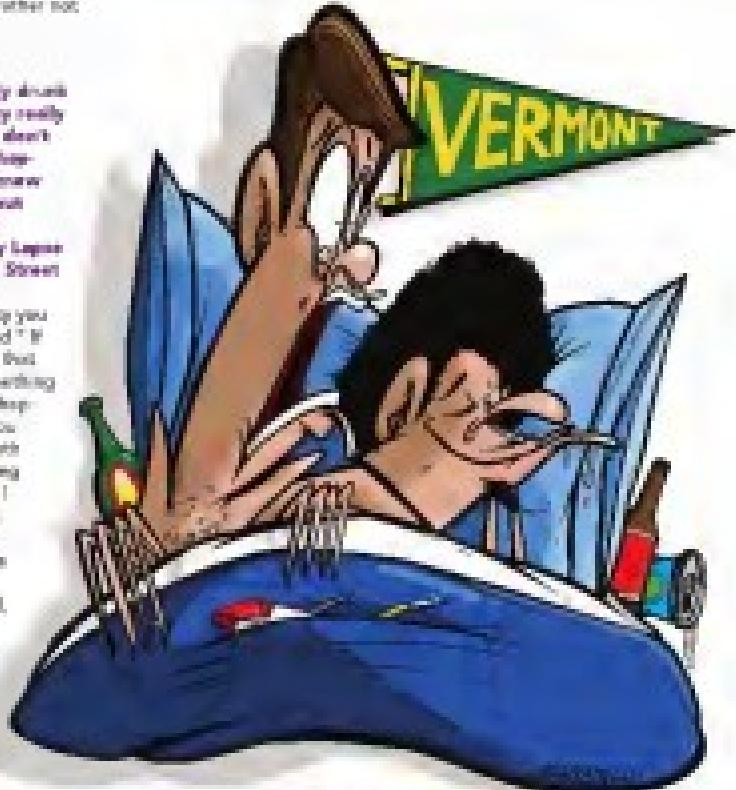
to know whether or not you used protection.

Q: My boyfriend can never perform sexually after a night of drinking. Is it me?

— Frustrated in Peabody Hall

A: No, it's not you. Alcohol depresses the body's systems, and

drunks never climax, making it difficult for some men to achieve and maintain an erection after having one too many. Heavy drinking over a long period of time can contribute to more serious sexual dysfunction issues — so your boyfriend might want to try off the Jug (Bunco).



**WG**

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TWIN BEDS

WHITE ELOC

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MASTER BED

Re: Bedspreads.

93

ILLUSTRATION: JAVI PIZARRO

Q: My roommate is bisexual and I'm totally cool with it, but I'm not sure that I'm comfortable seeing and hearing her and another girl in bed yet. How do I tell her I need some time to adjust?

— By the Bay in Wisconsin

A: You shouldn't have to see or hear your roommate in bed with anyone, regardless of gender. Have a talk with your roommate let her know you don't enjoy other skin-on-skin contact, but that she shouldn't be doing it when you're in the room. If you find that you could use some support surrounding her bisexuality, check out your campus GLBTQ+ group that's gay, lesbian, bisexual, transgender/questioning and allied — they'll be able to answer your questions and help you deal

Q: My boyfriend tried to kiss me the other night after going down on me. How do I tell him without hurting his feelings that I'm just not into sucking myself — or anyone, making him not do it?

— Clothing Optional in Clothing Hall

A: We all have our sexual likes and dislikes, and it's best to just be honest. Compliment him on his cool style/look but also let him know that you're not into making out with him immediately afterward. It sounds like you have a more sexual liaison to pleasure you — so I'm sure he'll be happy for some mouthwatering after your next oral encounter.

Q: I'm a virgin. How do I lose my virginity?

— Curious in Coahoma Hall

A: College is a hotbed of hormones and thrill-seeking, making it relatively easy to have sex/recreational sex sans your family. However, losing your virginity does mean that tingling shots and a warm, undulating body



## Got a question for Maxine?

Send your questions to [maxine@syndication.com](mailto:maxine@syndication.com). Maxine's Mailbox responds to readers each Wednesday in Section B of Seven Days. Get your daily dose on her blog at [maxine.joyful.com](http://maxine.joyful.com).

Hitting you for the first time can be awkward, clumsy and uncomfortable... so don't give it up to a stranger — your first song in the sheets will be much more satisfying and memorable if you at least know your partner's name. The best one scenario is letting yourantasy popped by a trusted friend or love interest with experimental aspects since that you — they'll be able to validate you while being patient with your first time. Knowing that you're in college doesn't mean you have to have a rush to have sex — if you're patient, it will happen eventually. And, when the big moment finally arrives, use protection — you don't get a pass on sexually transmitted infections or unwanted pregnancies just because it's your first time.

Q: This girl I hooked up with left her bra in my room. I'm too embarrassed to return it. What should I do with it?

— Bye Bye Bra in Bedder Hall

A: I give you credit for not allowing your roommate to run up and down the dorm laundry

scrapping it on her hand while you film the spectacle for YouTube. If she hasn't come looking for it I think it's safe to say she is either too embarrassed to bring it up (therefore toss it in the trash)

Or I just had a one-night stand. We stayed busy until 4 a.m. When we stopped, she said she wanted to go back to her dorm. I offered to walk her there, but she didn't want me to. I responded: Should I have been more persistent? I know it's not safe to walk alone at night.

— Ruthless Ranger

A: I appreciate that you were trying to respect her wishes, but you should have been more persistent — it's just not smart for women to walk back to their dorms alone in the middle of the night. Next time a situation crops up, offer to walk her home, tell her you'd really rather make sure she gets home safely. If she still balks, offer to call campus security for an escort. Hopefully she'll see that you're serious and allow you to accompany her.

Q: I want to go on birth control just to be safe. How do I go about doing it without having my doctor insist?

— Prefer the Pill in Puttermesser

A: It's smart to have a gynecologist close to campus, because if you're having any doubts you don't want to wait until holiday break to get checked out. Most college health centers can set you up with a gyno appointment to get birth control. However, you can also visit your local Planned Parenthood office (see p. 50). You should also pick up some condoms and lubricant (you never know who you'll bump into). Remember, birth control does not protect you from sexually transmitted diseases.



# FEELING "STUCK" IN VERMONT?

PHOTO COURTESY OF SEVEN DAYS

**W**ho did you vote for? Get shown.eller during local news Seven Days staff writer-graphic designer Barbara Caputo is a quirky Vermont subject in her "Stuck in Vermont?" video feature. Hosted on the Seven Days website, her show has been viewed more than half a million times since she launched the series in 2007. She profiles Vermont artists, activists, musicians and educators — in other words, all the people who make this such a excellent place to live.

Watch each video at [www.sevendaysvt.com](http://www.sevendaysvt.com) — she uploads new ones on Wednesday evenings. Or check out her "Stuck in Vermont?" YouTube channel on your iPhone: [youtube.com/stuckinvermont](http://youtube.com/stuckinvermont).



## OTHER SEVEN DAYS VIDEO CHANNELS:

**2011 V** — A periodic series of unscripted videos

- Grappling Pub Crawl
- Burlington Mile High
- Cooking With the Bard with Joe Jack Nichols

**Food Club TV** — Exploring the local food scene

- Mt. Ascutney Gourmetery
- Magic Barnes
- The Burlington Winter Farmers Market

## WHO ELSE IS "STUCK" HERE?

- Gypsy-punk band Gogol Bordello
- The Quidditch World Cup
- Geek Week
- Continued Alton Brown's
- Willis Ball World Series
- The Bobbie Sue Bar + Craft Lounge
- Continued Jason Kaskella
- The Jr Iron Chef Competition
- UVM's Latin Day
- Adorable Black Fly Festival
- Another edition of Cindy Sherman
- Green Mountain Derby Champs
- Kingdom '09
- Grandmas' Bingo
- Spanishish Cabaret
- The Cat Stomps
- The Burlington Zombie Walk



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